

**WEDNESDAY NIGHT FOOTHILL FLYERS FUN RUNS**

All Adults Welcome...walk, jog, or run

Meet at 6:00 p.m. at REI parking lot – NE corner, Santa Anita and Santa Clara, Arcadia

Date	Name of Run	Restaurant & Details
<b>Jun</b>		
7	Arboretum	Steer and Ale – 3644 E Foothill, Pasadena – 577-1723
14	Yoshi's Run <i>*Meeting Night*</i>	BYO dinner, drink and chair – REI parking lot
21	Singingwood	Pizza night at Mt Lowe Brewery, 150 E St Joseph St, Arcadia
28	Bailey Canyon Trail	BYO dinner and meet at Bailey Canyon Park on Carter Av at Grove St in Sierra Madre
<b>Jul</b>		
5	Hillcrest	Los Gueros – 313 W Huntington, Monrovia – 358-0200
12	Yoshi's Run <i>*Meeting Night*</i>	BYO dinner, drink and chair – REI parking lot
19	Brewsky Bruckner's Backyard Loop	Pizza night at Pacific Plate Brewing Co, 1999 S Myrtle, Monrovia
26	Sturdevant Falls	BYO dinner and meet at Chantry Falls picnic area at the north end of Santa Anita Av

**Runs** are 4- to 7-miles with shortcuts depending on individual pace and return to REI by 7:30 p.m.; dinner at 8:00 p.m. Start is from the REI parking lot unless otherwise specified with an asterisk\* such as on the last Wednesday of the months of April through September we run a local mountain trail. If a trail is closed, we run from REI and picnic in the parking lot after. Rain? Meet at REI at 6:15 p.m. to decide whether to run or go to dinner at 6:30; if meeting night, dinner at 7:30 p.m.

**Route sheets** and maps available on the club web site - [www.foothillflyers.org](http://www.foothillflyers.org) - or see **Scott Cline** in the parking lot.

**Meetings** start at 7:30 p.m. in the REI parking lot on the 2<sup>nd</sup> Wednesday of each month. Membership is \$25/year Jan 1 – Sep 30; \$10 Oct 1 – Dec 31, covering membership to Mar 31 of the next year.

**Weekend Warriors** runs on various local mountain trails most Saturdays and also occasional bike rides. For more information go to [www.foothillflyers.org/ww.html](http://www.foothillflyers.org/ww.html)

**UPCOMING CLUB RACES, MAJOR RACES, AND EVENTS**

Check the Club web site Race Reviews, the rack at REI or Run With Us for applications and in Competitor or Race Place.

*If you are interested in any of the runs below, remember President Ronald Reagan's famous quote, "Trust, but verify."*

#Jun 11	Holcomb Valley 33/15 Mi Trail Run	<a href="http://www.holcombvalleytrailruns.com">www.holcombvalleytrailruns.com</a>
#Jun 11	Valley Crest Trail Half Marathon	<a href="http://www.trailrunevents.com">www.trailrunevents.com</a>
Jun 17	Inaugural Hops With Pops 5K	<a href="http://www.uplandchamber.org/events/Hops-with-Pops-5K">www.uplandchamber.org/events/Hops-with-Pops-5K</a>
Jul 4	Sierra Madre Firecracker Fun Run 5K	<a href="http://www.sierramadre4thofjuly.com">www.sierramadre4thofjuly.com</a>
#Jul 8	Mt Disappointment 50/25K Endurance Race	<a href="http://www.mtdisappointment50k.com">www.mtdisappointment50k.com</a>
Jul 9	Griffith Park Trail Relay Marathon & 8K	<a href="http://www.griffithparkmarathonrelay.com">www.griffithparkmarathonrelay.com</a>
Jul 10-12	Badwater Ultramarathon 135 Mi Race	<a href="http://www.badwater.com">www.badwater.com</a>
*#Aug 5	Angeles Crest 100 Mile Trail Run	<a href="http://www.ac100.com">www.ac100.com</a>
Aug 26	Bulldog 50/25K Trail Run	<a href="http://www.trailrunnerevents.com">www.trailrunnerevents.com</a>
Sep 4	Mt Baldy Run-to-the-Top 7.1 Mi Trail Race	<a href="http://www.run2top.comwww.jspacerocktrailrace.com">www.run2top.comwww.jspacerocktrailrace.com</a>
Oct 15	Spacerock Trail Race	<a href="http://www.runrockroll.com">www.runrockroll.com</a>
Oct 29	LA Rock 'n Roll Half Marathon	<a href="http://www.runrevel.com">www.runrevel.com</a>
Nov 4	Revel Canyon City Marathon/Half Marathon	<a href="http://www.runcatalina.com">www.runcatalina.com</a>
*# Nov 18	Catalina Eco Marathon/Half/10K	<a href="http://www.sangabrielcity.com">www.sangabrielcity.com</a>
*#TBD	San Gabriel Turkey Trot 5/10K	<a href="http://www.sangabrielcity.com">www.sangabrielcity.com</a>
*#Nov 24	Foothill Flyers Turkey Burner	<a href="http://www.sangabrielcity.com">www.sangabrielcity.com</a>
#Dec 2	So Pasadena Tiger Run 10/5K	<a href="http://www.sangabrielcity.com">www.sangabrielcity.com</a>
*#Dec 3	OTHTC High Desert 50/30K Trail Run	<a href="http://www.sangabrielcity.com">www.sangabrielcity.com</a>
Dec 9-10	Pomona Holiday Half Marathon & 5K	<a href="http://www.sangabrielcity.com">www.sangabrielcity.com</a>
*#TBD	Flyers Hastings Ranch Christmas Lights & Club Party	<a href="http://www.sangabrielcity.com">www.sangabrielcity.com</a>

\* Popular or special events in the club # Reviewed on web site, [www.foothillflyers.org](http://www.foothillflyers.org)

*Have a favorite run coming up you want listed? Send the date, name, distance & web to Leslie Hallimore before the last Wednesday of the month @ [hallimizzi@gmail.com](mailto:hallimizzi@gmail.com)*