

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
May		
3	Hillcrest	Orchid Thai – 1311 S Baldwin, Arcadia – 821-2099
10	ASP Run <i>*Meeting Night*</i>	Meet at A Snail's Pace for run & pizza – 750 So Myrtle, Monrovia
17	Bruckner's Backyard Loop	Pizza Night in the REI parking lot – BYO drink and chair
24	Mt Trail / Mary's Store	Steer and Ale – 3644 E Foothill, Pasadena – 577-1723
31	Monrovia Falls Trail	BYO dinner and meet at Grand View Park on Grand north of Foothill Blvd in Monrovia
Jun		
7	Arboretum	Numero Uno – 3562 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 in the REI parking lot – BYO drink and chair
28	Bailey Canyon Trail	BYO dinner and meet at Bailey Canyon Park on Carter Av at Grove St in Sierra Madre

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 - or see **Scott Cline** in the parking lot.

Meetings start at 7:30 p.m. in the REI parking lot on the 2nd 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

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."

#May 6	Wild Wild West 50 Mile/50K/Marathon/10K	www.lonepinechamber.org
#May 7	Verdugo Mt Trail Run and Hike	www.runthedugos.com
#May 7	Avenue of the Giants Marathon/Half/10K	www.theave.org
#May 12-14	Tinkerbell Half Marathon/10/5K Weekend	www.rundisney.com
May 13	Fountain to the Falls 7-Mile Run/Walk	www.cityofmonrovia.org/recreation
*#May 27	Mt Wilson 8.6 Mile Trail Race	www.mountwilsontrailrace.com
May 29	La Canada Fiesta Days 10/5K	www.ymcafoothills.org/fiesta-days
#Jun 3	Fontana Days Half Marathon/5K	www.fontana.org
#Jun 11	Holcomb Valley 33/15 Mi Trail Run	www.holcombvalleytrailruns.com
#Jun 11	Valley Crest Trail Half Marathon	www.trailrunevents.com
Jul 4	Sierra Madre Firecracker Fun Run 5K	www.sierramadre4thofjuly.com
#Jul 8	Mt Disappointment 50/25K Endurance Race	www.mtdisappointment50k.com
Jul 10-12	Badwater Ultramarathon 135 Mi Race	www.badwater.com
*#Aug 5	Angeles Crest 100 Mile Trail Run	www.ac100.com
Aug 26	Bulldog 50/25K Trail Run	www.trailrunnerevents.com
Sep 4	Mt Baldy Run-to-the-Top 7.1 Mi Trail Race	www.run2top.com www.jspacerocktrailrace.com
Oct 15	Spacerock Trail Race	www.runrockroll.com
Oct 29	LA Rock 'n Roll Half Marathon	www.runrevel.com
Nov 4	Revel Canyon City Marathon/Half Marathon	www.runcatalina.com
*# Nov 12	Catalina Eco Marathon/Half/10K	

* Popular or special events in the club # Reviewed on web site, 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