

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
Mar		
3	Mountain Trail/Mary's Store	Basil Thai - 411 E Huntington Dr, Arcadia - 447-8845
10	Yoshi's Run <i>*Meeting Night*</i>	Mediterranean Grill - 335 W Foothill, Monrovia - 301-0555
17	Singingwood	Rigo's Mexican Restaurant - 457 W Foothill, Mon - 599-9071
24	Hillcrest	Steer & Ale - 3644 E Foothill, Pasadena - 796-2278
31	Arboretum	Numero Uno - 3562 E Foothill, Pasadena - 577-1723
Apr		
7	Bruckner's Backyard Loop	Basil Thai - 411 E Huntington Dr, Arcadia - 447-8845
14	Yoshi's Run <i>*Meeting Night*</i>	The Boat, 7215 N Rosemead, San Gabriel - 286-1484
21	Mt. Trail / Mary's Store	Pizza Night in the REI parking lot - BYO Chair
28	Mt Wilson Trail Run (Meet at Mt Wilson Trail Pk on Mira Monte Ave & Mt Trail Ave, Sierra Madre)	Bring your own picnic dinner and chair

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.

Route sheets and maps available on the club web site - www.foothillflyers.org - or see Scott in the parking lot.

Interval Training with Coaches *Bill Dietrich* and *Bry Thorne* at the Arcadia High School track every Tuesday at 6:00 p.m. - increase your pace!

Meetings start at 7:30 p.m. in the REI parking lot on the 2nd Wednesday of each month. Membership is \$20/year for the first household adult member and \$10 for each additional member at the same address, present through March 2010.

UPCOMING CLUB RACES, MAJOR RACES, AND EVENTS

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



*# Mar 13	Catalina Marathon/5K/10K	www.info@PacificSportsLLc.com	714-978-1528
*# Mar 21	LA Marathon, 5K/Bike Ride	www.lamarathon.com	310-444-5544
Mar 21	Wine Country Half Marathon, 5K	www.winecountryruns.com	
*# Mar 27	Great Race of Agoura Half Marathon/10K/5K	www.greatraceofagoura.com	877-478-7223
*# Apr 3	Santa Anita Derby Days 5K	www.info@kinaneevents.com	760-434-7706
# Apr 11	Carlsbad 5000	www.carlsbad5000.com	800-311-1255
# Apr 17	Leona Divide 50 Mile Run	www.leonadivide.com	760-703-2835
# Apr 25	Big Sur Marathon	www.bsim.org	831-625-6226
May 1	Wild Wild West	www.lonepinechamber.org	
May 2	Avenue of the Giants Marathon/Half/10K	www.theave.org	
May 15	Palos Verdes Marathon/Half/5K	www.palosverdes.com	
May 16	Bay to Breakers 12K	www.baytobreakers.com	
*# May 29	Mt. Wilson 8.6 Mile Trail Race	www.cityofsierramadre.com	
# May 31	La Canada Fiesta Days 10K/5K	www.lacanadaflintridge.com	818-790-0123

* Popular or special events in the club

Reviewed on club web site, www.foothillflyers.org

Have a favorite run coming up you want listed? Send the date, name, length(s), phone & Web to Scott Cline before the last Wednesday of the month @ 323-721-7174 or Mail2SC@aol.com