


PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS

January 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	2	3 5AM BUNKER TEMPO WORK	4	5 5AM HILL RUN Del Webb at Rampart 4:15PM Majestic Park Stairs Hualapai at Gowan	6	7 7AM Fleet Feet Washington at Buffalo then CLUB MEETING 9:15 at Einstein's Lake Mead/Buffalo
8	9	10 5AM PALO VERDE TRACK WORK 4:15 PM BUNKER TEMPO	11	12 5AM HILL RUN Del Webb at Rampart 4:15PM Majestic Park Stairs Hualapai at Gowan	13	14 7AM Einstein's 215 at Flamingo
15	16	17 5AM or 4:15PM BUNKER TEMPO WORK	18	19 5AM HILL RUN Del Webb at Rampart 4:15PM Majestic Park Stairs Hualapai at Gowan	20	21 7AM Sambalatte Boca Park on Rampart
22	23	24 5AM PALO VERDE TRACK WORK 4:15 PM BUNKER TEMPO	25	26 5AM HILL RUN Del Webb at Rampart 4:15PM Majestic Park Stairs Hualapai at Gowan	27	28 7:30AM RED ROCK EXIT then Charleston Starbuck's
29	30	31 5AM or 4:15PM BUNKER TEMPO WORK	BE SURE TO CHECK ROGER'S WEEKLY EMAILS AND FACEBOOK FOR ANY CHANGES TO THIS CALENDAR			

Saturday long runs are typically 2 hours and then we meet after for refreshments.