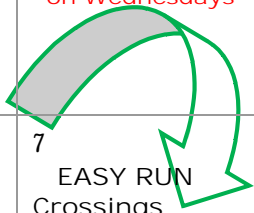



April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>Check out the new evening run this month on Wednesdays</p> 	<p>1 HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down</p>	<p>2 Member breakfast run! Come to Kathy's house after the run. Food will be provided!</p> 	<p>3 7am 2 hr run Crossings Park Bainberry Ridge at Crestdale Members meet after for breakfast</p>
4	5	<p>6 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down</p>	<p>7 EASY RUN Crossings Park/5:30PM Banburry Cross at Crestdale</p>	<p>8 HILL REPEATS Thomas Ryan Comm Center/5am</p>	9	<p>10 7am 2 hr run Charleston at Hualapai Starbucks coffee after</p>
11	12	<p>13 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn</p>	<p>14 EASY RUN Crossings Park/5:30PM Banburry Cross at Crestdale</p>	<p>15 HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down</p>	16	<p>17 7 am 2 hr run Town Center at the 215 Coffee Bean coffee after</p>
18	19	<p>20 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down</p>	<p>21 EASY RUN Crossings Park/5:30PM Banburry Cross at Crestdale</p>	<p>22 LADDERS Rmpt at Del Webb 5am 3/1.5, 4/2, 6/2.5, 4/back to the cars</p>	23	<p>24 7am 2 hr run Lake Mead at Buffalo Einsteins coffee after</p>
25	26	<p>27 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn</p>	<p>28 EASY RUN Crossings Park/5:30PM Banburry Cross at Crestdale</p>	<p>29 HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down</p>	30	

PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS