


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

April 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 7 am LONG RUN Bunker Park Washburn Rt then Starbucks
3	 <p>SATURDAY APRIL 9 6:30 PM- CLUB SOCIAL JOIN THE GROUP FOR FOOD AND FUN</p> <p>Details to follow in your email from Roger</p>	5 BUNKER TRACK WORK 5 AM or 4 PM	6	7 HILL RUN Del Webb at Rampart 5 AM	8 Not running the Summerlin half? Then meet Sat. at 6:30am at Bunker.	9 7 am Summerlin half marathon at the Vistas Community Pk
10		12 BUNKER TRACK WORK 5 AM or 4 PM	13	14 HILL RUN Del Webb at Rampart 5 AM	15	16 6:30am LONG RUN Town Center at the 215 then Coffee Bean
17		19 BUNKER TRACK WORK 5 AM or 4 PM	20	21 HILL RUN Del Webb at Rampart 5 AM	22	23 6:30am NEW LONG RUN Sambalatte Café at Boca Park
24		25	26 BUNKER TRACK WORK 5 AM or 4 PM	27	28 HILL RUN Del Webb at Rampart 5 AM	29 PLEASE Attend the club meeting after the Saturday run

PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS