

PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS

August 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2 5 AM PALO VERDE TRACK WORK	3	4 5 AM HILL RUN Del Webb at Rampart	5	6 5:30 am LONG RUN Town Center at the 215 then Coffee Bean
7	8	9 5 AM BUNKER TEMPO WORK	10	11 5 AM HILL RUN Del Webb at Rampart	12	13 5:30 am LONG RUN Crossings Park then breakfast at Kathy's
14	15	16 5 AM PALO VERDE TRACK WORK	17	18 5 AM HILL RUN Del Webb at Rampart	19 SPECIAL SPEAKER FOR MARATHON TRAINING	20 5:30 am LONG RUN Charleston/ Hualapai Starbucks
21	22	23 5 AM BUNKER TEMPO WORK	24	25 5 AM HILL RUN Del Webb at Rampart	26	27 5:30am LONG RUN Red Rock EXIT then Starbucks BRING WATER
28	29	30 5 AM PALO VERDE TRACK WORK	31			

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