


PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS

December 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5 AM HILL RUN Del Webb at Rampart	2 PASTA PARTY 7 PM	3 No Run before marathon
4 Rock n Roll Event 	5	6 5 AM BUNKER TEMPO WORK	7	8 5 AM HILL RUN Del Webb at Rampart	9	10 7 AM Fleet Feet at Buffalo & Washington
11	12	13 5 AM PALO VERDE TRACK WORK	14	15 5 AM HILL RUN Del Webb at Rampart	16	17 7 AM Flamingo at 215 Einsteins
18	19	20 5 AM BUNKER TEMPO WORK	21	22 5 AM HILL RUN Del Webb at Rampart	23	24 7 AM Charleston / Hualapai Starbucks
25	26	27 5 AM PALO VERDE TRACK WORK	28	29 5 AM HILL RUN Del Webb at Rampart	30	31 7 AM Road Trip to Lake Mead Trail-watch email

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