

**PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS**

# February 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2 <b>5AM</b> <del>HILL RUN</del> Del Webb at Rampart <b>4:15PM</b> Majestic Park Stairs Hualapai at Gowan	3	4 <b>7:00 am</b> LONG RUN 215 at Town Center then Coffee Bean
5	6	7 <b>5AM</b> PALO VERDE TRACK WORK <b>4:15 PM</b> BUNKER-TEMPO	8	9 <b>5AM</b> <del>HILL RUN</del> Del Webb at Rampart <b>4:15PM</b> Majestic Park Stairs Hualapai at Gowan	10	11 <b>7:00 am</b> LONG RUN Lake Mead at Buffalo then Einstein's
12	13	14 <b>5AM</b> or <b>4:15PM</b> BUNKER TEMPO WORK	15	16 <b>5AM</b> <del>HILL RUN</del> Del Webb at Rampart <b>4:15PM</b> Majestic Park Stairs Hualapai at Gowan	17	18 <b>7:00 am</b> LONG RUN 215 at Flamingo then Einstein's
19	20	21 <b>5AM</b> PALO VERDE TRACK WORK <b>4:15 PM</b> BUNKER-TEMPO	22	23 <b>5AM</b> <del>HILL RUN</del> Del Webb at Rampart <b>4:15PM</b> Majestic Park Stairs Hualapai at Gowan	24	25 <b>7:00 am</b> LONG RUN Durango at Farm/95 then Starbuck's
26	27	28 <b>5AM</b> or <b>4:15PM</b> BUNKER TEMPO WORK	29			

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