

# February 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Nominations for officers have begun- see message board	1 <b>YOUR VOTE MATTERS</b>	2 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn	3	4 HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down	5 Nominations for officers close 12am Saturday 2/6	6 7 am 2 hr run Lake Mead at Rampart Starbucks
7	8 Election for officers begins online at message board 2/9	9 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down	10	11 HILL REPEATS Thomas Ryan Comm Center/5am	12 Voting ends midnight tonight	13 8AM Fleet Feet Love on the Run 5k & 10K  See below
14	15	16 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn	17	18 HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down	19 New officers honored at Sat. long run 2/20	20 7am 2 hr run Bunker Refreshments Tenaya/Craig Starbucks
21	22	23 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down	24	25 LADDERS Rmpt at Del Webb 5am 3/1.5, 4/2, 6/2.5, 4/2, 3/1.5	26	27 7 am 2 hr run Town Center At the 215 Coffee Bean
28	<p>Info for the Fleet Feet Love on the Run event can be found at <a href="http://www.desertskyadventures.com/fleetfeet/">http://www.desertskyadventures.com/fleetfeet/</a></p> <p><b>FEBRUARY IS MEMBERSHIP MONTH! Have you renewed your membership?</b></p> <p><b>SHARE THE LOVE-BRING A FRIEND TO A RUN AND INVITE THEM TO BECOME A MEMBER.</b></p>					

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