

# July 2010

| Sunday  | Monday   | Tuesday   | Wednesday        | Thursday   | Friday           | Saturday  |
|---|--|---|------------------|--|------------------|---|
|                          | <p align="center"><b>Register for the Fleet Feet 4 miler at</b><br/> <a href="http://www.desertskyadventures.com/fleetfeet/july4.html">http://www.desertskyadventures.com/fleetfeet/july4.html</a></p> |   |                  | <p><b>1 HILL REPEATS 5am</b><br/>Desert Vista Community Center/<br/>Thom Ryan at Sun City Blvd</p> | <p><b>2</b></p>  | <p><b>3</b><br/><br/><b>SEE SUNDAY JULY 4th</b></p>   |
| <p><b>4 6 am 1 hr run from Fleet Feet @ Washington &amp; Buffalo then Fleet Feet 4 miler race 7am</b></p> | <p><b>5</b></p>  | <p><b>6 REPEATS Bunker/5am</b><br/>Warm up-40 minutes of ??? repeats-cool dn</p>  | <p><b>7</b></p>  | <p><b>8 HILL RUN Rampart at Del Webb /5am</b><br/>33 min up, then 27 min down</p>                  | <p><b>9</b></p>  | <p><b>10 5:30 am</b><br/>2 hr run from Bunker Park Refreshments Tenaya/Craig Starbucks</p>                      |
| <p><b>11</b></p>  | <p><b>12</b></p>   | <p><b>13 TEMPO RUN Bunker/5am</b><br/>Warm up-40 minute Tempo run-cool down</p>   | <p><b>14</b></p> | <p><b>15 LADDERS Rampart at Del Webb 5am</b><br/>3/1.5, 4/2, 6/2.5, 4/back to the cars</p>         | <p><b>16</b></p> | <p><b>17 5:30 am</b><br/>2 hr run Lake Mead at Buffalo Einsteins<br/><br/>coffee after</p>                      |
| <p><b>18</b></p>  | <p><b>19</b></p>   | <p><b>20 REPEATS Bunker/5am</b><br/>Warm up-40 minutes of ??? repeats-cool dn</p> | <p><b>21</b></p> | <p><b>22 HILL RUN Rampart at Del Webb /5am</b><br/>33 min up, then 27 min down</p>                 | <p><b>23</b></p> | <p><b>24 8 am treat!</b><br/>Mt. Charleston Run/hike with bagels &amp; bev after. <b>Details to follow.</b></p> |
| <p><b>25</b></p>  | <p><b>26</b></p>   | <p><b>27 TEMPO RUN Bunker/5am</b><br/>Warm up-40 minute Tempo run-cool down</p>   | <p><b>28</b></p> | <p><b>29 HILL REPEATS Desert Vista Community Center/5am</b></p>                                    | <p><b>30</b></p> | <p><b>31 5:30 am</b><br/>2 hr run Town Center at the 215 Coffee Bean coffee after</p>                           |

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