


PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS

July 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2 5:30 am LONG RUN Lake Mead at Buffalo then Einsteins
3	4 	5 5 AM PALO VERDE TRACK WORK	6	7 5 AM HILL RUN Del Webb at Rampart	8	9 5:00 am LONG RUN Bunker Park Washburn Rt. then Starbucks
10	11	12 5 AM BUNKER TEMPO WORK	13	14 5 AM HILL RUN Del Webb at Rampart	15	16 5:00am LONG RUN Red Rock EXIT then Starbucks <u>BRING WATER</u>
17	18	19 5 AM PALO VERDE TRACK WORK	20	21 5 AM HILL RUN Del Webb at Rampart	22	23 5:00am LONG RUN Durango at Farm then Starbucks
24	25	26 5 AM BUNKER TEMPO WORK	27	28 5 AM HILL RUN Del Webb at Rampart	29	30 7:30am Mt. Charleston Run/hike treat! Details to follow.
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Saturday long runs are typically 2 hours and then we meet after for refreshments.