

PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS

June 2011

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 5 AM HILL RUN Del Webb at Rampart		4 6 am LONG RUN Lake Mead at Buffalo then Einsteins
5	<p>SATURDAY JUNE 4th AT 6:30pm... GRAPE STREET FOR DINNER AND DRINKS. COME TO SAY GOODBYE AND GOOD LUCK TO MARY-SHE 'S MOVING TO COLORADO</p>		7 5 AM PALO VERDE TRACK WORK	8	9 5 AM HILL RUN Del Webb at Rampart	10	11 6 am LONG RUN Town Center at the 215 then Coffee Bean
12			14 5 AM BUNKER TEMPO WORK	15	16 5 AM HILL RUN Del Webb at Rampart	17	18 6 am LONG RUN Trails Village Center then Starbucks
19			21 5 AM PALO VERDE TRACK WORK	22	23 5 AM HILL RUN Del Webb at Rampart	24 7 PM FRIDAY NITE RUN	
26			28 5 AM BUNKER TEMPO WORK	29	30 5 AM HILL RUN Del Webb at Rampart	<p>Meet at the Road Runner parking lot at 215 and Flamingo at 7pm. Drinks after outside the restaurant. BRING YOUR FLASHERS!</p>	

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