

PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS

May 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3 5 AM BUNKER TEMPO WORK	4	5 5 AM HILL RUN Del Webb at Rampart	6	7 6:30 am LONG RUN Trails Village Center
8	9	10 5 AM PALO VERDE TRACK WORK	11	12 5 AM HILL RUN Del Webb at Rampart	13 7 PM NIGHT RUN Gordon Biersch- Boca Park	14 
15	16	17 5 AM BUNKER TEMPO WORK	18	19 5 AM HILL RUN Del Webb at Rampart	20	21 6:30 am LONG RUN Cottonwood Trail-Potosi
22	23	24 5 AM PALO VERDE TRACK WORK	25	26 5 AM HILL RUN Del Webb at Rampart	27	28 6:30 am LONG RUN Bunker Park Washburn Rt.
29	30	31 5 AM BUNKER TEMPO WORK				

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