

May 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<p>EVENING RUNS will continue until temps are too hot. Check with the group.</p>			<p>1 7 am 2 hr run meet Fleet Feet Washington at Buffalo</p>
		<p>4 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down</p>	<p>5 EASY RUN Crossings Park/5:30PM Banburry Cross at Crestdale</p>	<p>6 HILL REPEATS Thomas Ryan Comm Center/5am</p>		<p>8 7 am 2 hr run meet Dunkin Donuts on Charleston west of 215</p>
		<p>11 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn</p>	<p>12 EASY RUN Crossings Park/5:30PM Banburry Cross at Crestdale</p>	<p>13 HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down</p>	<p>14</p>	<p>15 7am 2 hr run from Red Rock Exit then Starbucks on Charleston</p>
		<p>18 TEMPO RUN Bunker/5am Warm up-40 minute Tempo run-cool down</p>	<p>19 EASY RUN Crossings Park/5:30PM Banburry Cross at Crestdale</p>	<p>20 LADDERS Rmpt at Del Webb 5am 3/1.5, 4/2, 6/2.5, 4/back to the cars</p>		<p>22 7am 2 hr run from Bunker Park Refreshments Tenaya/Craig Starbucks</p>
		<p>25 REPEATS Bunker/5am Warm up-40 minutes of ??? repeats-cool dn</p>	<p>26 EASY RUN Crossings Park/5:30PM Banburry Cross at Crestdale</p>	<p>27 HILL RUN Rampart at Del Webb /5am 33 min up, then 27 min down</p>		<p>29 7am 2 hr run Lake Mead at Buffalo Einsteins coffee after</p>

This month be sure to check the calendar each week on Friday to see if the Saturday runs have been changed to earlier start times because of higher temps. This will be a judgement call from the president, Chris.



Friday May 15 the club is getting together for libations and story telling 6pm at Grape Street the wine bar at Lake Mead and Buffalo. Hope all can make it! Let's Party!

See box at left

15 7am
2 hr run from
Red Rock Exit
then Starbucks
on Charleston

PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS