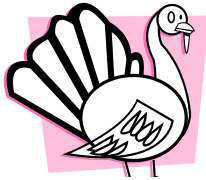
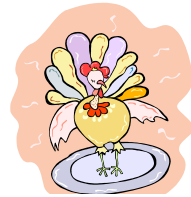


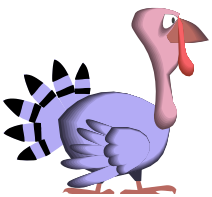

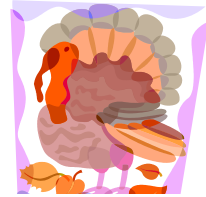


PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS

November 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 5 AM PALO VERDE TRACK WORK	2	3 5 AM HILL RUN Del Webb at Rampart	4	5 7:00 am LONG RUN Lake Mead at Buffalo then Einsteins
6	7	8 5 AM BUNKER TEMPO WORK	9	10 5 AM HILL RUN Del Webb at Rampart	11 8 AM Einsteins on Flamingo at the 215	12 8AM Kassidy's 5K BUNKER PARK then Starbucks
13	14	15 5 AM PALO VERDE TRACK WORK		17 5 AM HILL RUN Del Webb at Rampart		19 4 PM Charlie's Bar Lake Mead at Buffalo
20	21	22 5 AM BUNKER TEMPO WORK		24 6:30AM CATCH THE GOBBLER AT BUNKER		26 7:00 am LONG RUN 215 at Town Center then Coffee Bean
27	28	29 5 AM PALO VERDE TRACK WORK				

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