

PLEASE REMEMBER THAT WATER SUPPORT IS NOT PROVIDED AT THESE EVENTS

September 2011

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 5 AM HILL RUN Del Webb at Rampart	2	3 5:30 am LONG RUN Lake Mead at Buffalo then Einsteins
4	5	6 5 AM PALO VERDE TRACK WORK	7	8 5 AM HILL RUN Del Webb at Rampart	9	10 5:30 am LONG RUN 215 at Town Center then Coffee Bean
11	12	13 5 AM BUNKER TEMPO WORK	14	15 5 AM HILL RUN Del Webb at Rampart	16	17 5:30am LONG RUN Durango at Farm/95 then Starbucks
18	19	20 5 AM PALO VERDE TRACK WORK	21	22 5 AM HILL RUN Del Webb at Rampart	23 Saturday mtg at Fleet Feet after run	24 5:30am LONG RUN Washington at Buffalo then Fleet Feet
25	26	27 5 AM BUNKER TEMPO WORK	28	29 5 AM HILL RUN Del Webb at Rampart	30 7:30 PM NIGHT RUN Gordon Biersch- Boca Park	

Saturday long run times are subject to change as the weather cools. Be sure to refer to Roger's weekly email.

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