









6PM Santa Rosa 2020 Summer Community Runs!

(10-week schedule) FREE / open to the public June 1st - August 8th (Revised Dec 29, 2018)

	Monday	Tuesday	Wednesday	Friday	9AM Saturday
	Richardson Hill Workouts	EZ Pace Run	Group Tempo Runs FREE Watermelon on ice! 	EZ Pace Run	Over-Distance (OD) Runs
Week #1	June 1 st Channel Drive	June 2 nd Howarth Park EZ Run	June 3 rd Park Trail Group Tempo	June 5 th Howarth Park EZ Run	9AM June 6 th Santa Rosa Creek Trail OD Run
Week #2	June 8 th Channel Drive	June 9 th Howarth Park EZ Run	June 10 th Park Trail Group Tempo	June 12 th Howarth Park EZ Run	9AM June 13 th Park Trail Pancake Run Tahoe Camp 9 mi. Time Trial 
Week #3	June 15 th Channel Drive	June 16 th Howarth Park EZ Run	June 17 th Park Trail Group Tempo	June 19 th Howarth Park EZ Run	9AM June 20 th Santa Rosa Creek Trail OD Run
Week #4	June 22 nd Channel Drive	June 23 rd Howarth Park EZ Run	June 24 th Park Trail Group Tempo	June 26 th Howarth Park EZ Run	8:30AM June 27 th Park Trail Pancake Run Tahoe Camp 9.1 mi. Time Trial 
Week #5	June 29 th Channel Drive	June 30 th Howarth Park EZ Run	July 1 st Park Trail Group Tempo	July 3 rd Howarth Park EZ Run	July 4 th Kenwood Race ...or, OD Run OYO
Week #6	July 6 th Channel Drive	July 7 th Howarth Park EZ Run	July 8 th Park Trail Group Tempo	July 10 th Howarth Park EZ Run	8:30 AM July 11 th Santa Rosa Creek Trail OD Run
Week #7	July 13 th Channel Drive	July 14 th Howarth Park EZ Run	July 15 th Park Trail Group Tempo	July 17 th Howarth Park EZ Run	8:30AM July 18 th Park Trail Pancake Run Tahoe Camp 9 mi. Time Trial 
Week #8	July 20 th Channel Drive	July 21 st Howarth Park EZ Run	July 22 nd Park Trail Group Tempo	July 24 th Howarth Park EZ Run	8:30AM July 25 th Santa Rosa Creek Trail OD Run
Week #9	 Gone For Tahoe Running Camp (Mon July 27th – Sat Aug 1st) 				
Week #10	Aug 3 rd Channel Drive	Aug 4 th Howarth Park EZ Run	Aug 5 th Park Trail EZ Run	Aug 7 th Howarth Park EZ Run	8:30AM Aug 8 th Park Trail Pancake Run OD Run 

This program ends on Saturday, August 8th (Monday, August 10th is the first day of '20 practice for High School XC)

WHAT TO EXPECT: Casual pace/mixed pace runs vary between 30-90 minutes long, runner age varies between High School, Jr. High, some younger. OK to bring your siblings. -Adults, come run/bike with us or bring the dogs for walk!

CHANNEL DRIVE: Going east on Montgomery Dr. take right on Channel Dr. follow ~3/4 mi. to 1st parking lot on left

HOWARTH PARK: 630 Summerfield Rd, upper level parking lot; meet near trail head entrance next to Lake Ralphine

PARK TRAIL RD: Going south on Summerfield Rd, go ~1 mile past the Howarth Park entrance, Park Trail is on the left

SANTA ROSA CREEK TRAIL: Meet in parking lot near Santa Rosa Creek Trail entrance: 153 Stony Circle, SR CA 95401

QUESTIONS? Call, text or e-mail **Greg Fogg** (707) 291-2967 or greg.fogg@comcast.net for more info. ...Also check the Maria Carrillo team website at www.mariacarrillorun.com -if you're interested in the **Tahoe Running Camp** (5 days/5 nights at Zephyr Cove Campground), cost is only \$200/runner but space is limited; contact Greg Fogg ASAP!