









# 6PM Santa Rosa 2021 Summer Community Trail Runs!

(9 week schedule) FREE / open to the public June 7<sup>th</sup> - August 7<sup>th</sup> (Revised July 4, 2021)

	Monday	Tuesday	Wednesday	Friday	9 AM or 8 AM Saturday Over-Distance (OD) Runs
<b>Week #1</b>	June 7 <sup>th</sup> Channel Drive	June 8 <sup>th</sup> Howarth Park EZ Run	June 9 <sup>th</sup> Park Trail Group Tempo 	June 11 <sup>th</sup> Howarth Park EZ Run	9 AM June 12 <sup>th</sup> Park Trail OD Run
<b>Week #2</b>	June 14 <sup>th</sup> Channel Drive	June 15 <sup>th</sup> Howarth Park EZ Run	June 16 <sup>th</sup> Park Trail Group Tempo	June 18 <sup>th</sup> Howarth Park EZ Run	9 AM June 19 <sup>th</sup> Park Trail Pancake Run 
<b>Week #3</b>	5 PM June 21 <sup>st</sup> Channel Drive	June 22 <sup>nd</sup> Howarth Park EZ Run	June 23 <sup>rd</sup> Park Trail Group Tempo	June 25 <sup>th</sup> Howarth Park EZ Run	8 AM June 26 <sup>th</sup> Park Trail OD Run
<b>Week #4</b>	June 28 <sup>th</sup> Channel Drive	June 29 <sup>th</sup> Howarth Park EZ Run	June 30 <sup>th</sup> Park Trail Group Tempo	July 2 <sup>nd</sup> Howarth Park EZ Run	8 AM July 3 <sup>rd</sup> 2 mi or 5K Time Trial (Location TBD) 
<b>Week #5</b>	July 5 <sup>th</sup> Channel Drive + 9-10AM strength training at MCHS	July 6 <sup>th</sup> Howarth Park EZ Run	July 7 <sup>th</sup> Park Trail Group Tempo	July 9 <sup>th</sup> Howarth Park EZ Run + 9-10AM strength training at MCHS	8 AM July 10 <sup>th</sup> Park Trail OD Run
<b>Week #6</b>	July 12 <sup>th</sup> Channel Drive + 9-10AM strength training at MCHS	July 13 <sup>th</sup> Howarth Park EZ Run	July 14 <sup>th</sup> Park Trail Group Tempo	July 16 <sup>th</sup> Howarth Park EZ Run + 9-10AM strength training at MCHS	8 AM July 17 <sup>th</sup> Park Trail Pancake Run 
<b>Week #7</b>	July 19 <sup>th</sup> Channel Drive + 9-10AM strength training at MCHS	July 20 <sup>th</sup> Howarth Park EZ Run	July 21 <sup>st</sup> Park Trail Group Tempo	July 23 <sup>rd</sup> Howarth Park EZ Run + 9-10AM strength training at MCHS	8 AM July 24 <sup>th</sup> Park Trail OD Run
<b>Week #8</b>	 <b>Gone For Tahoe Running Camp, Zephyr Cove Campground</b> (Mon July 26 <sup>th</sup> – Sat July 31 <sup>st</sup> ) 				
<b>Week #9</b>	Aug 2 <sup>nd</sup> Channel Drive + 9-10AM strength training at MCHS	Aug 3 <sup>rd</sup> Howarth Park EZ Run	Aug 4 <sup>th</sup> Park Trail EZ Run	Aug 6 <sup>th</sup> Howarth Park EZ Run + 9-10AM strength training at MCHS	8 AM Aug 7 <sup>th</sup> Park Trail Pancake Run 

This program ends on Saturday, August 7<sup>th</sup> (Monday, August 9<sup>th</sup> is the first day of '21 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 1<sup>st</sup> 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 we meet at the Park Trail open space across the street from residence, 4836 Park Trail Drive, Santa Rosa, CA 95405

**HAVE QUESTIONS?** Call, text or e-mail **Greg Fogg** (707) 291-2967 or [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net) for more info check out the Maria Carrillo XC / Track & Field team website at [www.mariacarrillorun.com](http://www.mariacarrillorun.com)