



6PM SANTA ROSA 2022 SUMMER COMMUNITY TRAIL RUNS!

(9 week schedule) FREE / open to the public June 6th - August 6th (Rev GF Jul 15, 2022)

	Monday	Tuesday	Wednesday	Friday	9 AM or 8 AM Saturday Over-Distance (OD) Runs
Week #1	June 6 th Channel Drive	June 7 th Howarth Park EZ Run	June 8 th Park Trail Group Tempo 	June 10 th Howarth Park EZ Run	9 AM June 11 th Park Trail OD Run
Week #2	June 13 th Channel Drive	June 14 th Howarth Park EZ Run	June 15 th Park Trail Group Tempo	June 17 th Howarth Park EZ Run	9 AM June 18 th Park Trail Pancake Run 
Week #3	June 20 th Channel Drive	June 21 st Howarth Park EZ Run	June 22 nd Park Trail Group Tempo	June 24 th Howarth Park EZ Run	9 AM June 25 th Park Trail OD Run
Week #4	June 27 th Channel Drive	June 28 th Howarth Park EZ Run	June 29 th Park Trail Group Tempo	July 1 st Howarth Park EZ Run	8 AM July 2 nd 2 mi or 5K Time Trial (Location TBD)
Week #5	July 4 th Channel Drive 	July 5 th Howarth Park EZ Run	July 6 th MCHS Track Group Time Trial	July 8 th Howarth Park EZ Run	8 AM July 9 th Park Trail OD Run
Week #6	July 11 th Channel Drive	July 12 th Howarth Park EZ Run	July 13 th Park Trail Group Tempo	July 15 th Howarth Park EZ Run	8 AM July 16 th Park Trail OD Run
Week #7	July 18 th Channel Drive	July 19 th Howarth Park EZ Run	July 20 th Park Trail Group Tempo	July 22 nd Howarth Park EZ Run	8 AM July 23 rd Park Trail Pancake Run 
Week #8	July 25 th Channel Drive	July 26 th Howarth Park EZ Run	July 27 th Park Trail Group Tempo	4 PM July 29 th Howarth Park EZ Run	8 AM July 30 th Park Trail OD Run
Week #9		Gone For Tahoe Running Camp Zephyr Cove Campground (Sun July 31 st – Fri Aug 5 th)			8 AM Aug 6 th Park Trail EZ Shakeout Run

This program ends on Saturday, August 6th since Monday, August 8th is the first “official” day of ’22 Fall practice for High School XC (first “official” day of school is Thursday, August 11th for SRCSD)

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

DIRECTIONS TO RUN LOCATIONS (Plan drop-off/pick-up between 1 hr. 30 minutes - 1 hr. 45 minutes duration):

CHANNEL DRIVE: Going east on Montgomery Dr. take right on Channel Dr. follow ~3/4 mi to gravel parking lot on left
HOWARTH PARK: 630 Summerfield Rd, main upper-level parking lot; meet at 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 Road is on the left we meet at the Park Trail open space ~.5 mile down Park Trail Road on the left side, right across the street from this 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

For more info check out this activity or Tahoe Running Camp or Maria Carrillo XC, visit the MCHS team website at www.mariacarrillorun.com