








6PM SANTA ROSA 2023 SUMMER COMMUNITY TRAIL RUNS!

(10 week schedule) FREE / open to the public June 5th - August 8th (Revised GF May '23)

	Monday Richardson Hill Tempo	Tuesday EZ Pace Run	Wednesday Group Tempo Watermelon on ice! 	Friday EZ Pace Run	9 AM or 8 AM Saturday Over-Distance Runs
Week #1	June 5 Channel Drive	June 6 Howarth Park EZ Run	June 7 Park Trail Group Tempo	June 9 Howarth Park EZ Run	9 AM June 10 Park Trail OD Run
Week #2	June 12 Channel Drive	June 13 Howarth Park EZ Run	June 14 Park Trail Group Tempo	June 16 Howarth Park EZ Run	9 AM June 17 Park Trail Pancake Run 
Week #3	June 19 Channel Drive	June 20 Howarth Park EZ Run	June 21 Park Trail Group Tempo	June 23 Howarth Park EZ Run	9 AM June 24 Park Trail OD Run
Week #4	June 26 Channel Drive	June 27 Howarth Park EZ Run	June 28 Park Trail Group Tempo	June 30 Howarth Park EZ Run	8 AM July 1 2 mi or 5K Time Trial (Location TBD)
Week #5	July 3 Channel Drive	July 4 Howarth Park EZ Run 	July 5 MCHS Track 5K Group Time Trial	July 7 Howarth Park EZ Run	8 AM July 8 Park Trail OD Run
Week #6	July 10 Channel Drive	July 11 Howarth Park EZ Run	July 12 Park Trail Group Tempo	July 14 Howarth Park EZ Run	8 AM July 15 Park Trail OD Run
Week #7	July 17 Channel Drive	July 18 Howarth Park EZ Run	July 19 Park Trail Group Tempo	July 21 Howarth Park EZ Run	8 AM July 22 Park Trail Pancake Run 
Week #8	July 24 Channel Drive	July 25 Howarth Park EZ Run	July 26 Park Trail Group Tempo	July 28 Howarth Park EZ Run	8 AM July 29 Park Trail OD Run
Week #9	July 31 4 PM Run OYO (Camp Meeting 6PM)	August 1 Howarth Park EZ Run		Gone For Tahoe Running Camp Zephyr Cove Campground (Aug 2 – Aug 8)	
Week #10	Gone For Tahoe Running Camp Zephyr Cove Campground (Aug 2 – Aug 8) 		XC Practice Begins for MCHS! (MCHS First Day of XC Practice is Wednesday, August 9, 2023)		

This program ends on Tuesday, August 1st since Wed, August 7th is the first “official” day of MCHS ’23 Fall practice for XC. -First “official” day of school (SRCSD) is Thursday, August 16th for 2023/2024 academic year.

WHAT TO EXPECT: Casual pace/mixed pace runs vary between 30-90 min. runner ages vary between High School, Jr. High; 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 Cross Country Team website page at www.mariacarrillorun.com