










6PM SANTA ROSA 2024 SUMMER COMMUNITY DISTANCE RUNS!

(10 week schedule) FREE / open to the public June 3rd - August 10th (Revised GF June 10 '24)

	Monday Richardson Hill Tempo	Tuesday EZ Pace Run	Wednesday Group Tempo Watermelon Wed! 	Friday EZ Pace Run	9 AM or 8 AM Saturday Over-Distance Runs
Week #1	June 3 Channel Drive	June 4 Howarth Park EZ Run	June 5 Park Trail Group Tempo	June 7 Howarth Park EZ Run	9 AM June 8 Park Trail OD Run
Week #2	June 10 Channel Drive	June 11 Howarth Park EZ Run	June 12 7 PM MCHS Track Group Tempo	June 14 Howarth Park EZ Run	9 AM June 15 Park Trail Pancake Run 
Week #3	June 17 Channel Drive	June 18 Howarth Park EZ Run	June 19 Park Trail Group Tempo	June 21 Howarth Park EZ Run	9 AM June 22 Park Trail OD Run
Week #4	June 24 Channel Drive	June 25 Howarth Park EZ Run	June 26 7 PM MCHS Track Group Tempo	June 28 Howarth Park EZ Run	8 AM June 29 Park Trail OD Run
Week #5	July 1 Channel Drive (9AM)	July 2 EZ Run OYO	July 3 EZ Run OYO	No Group run Friday See you Thursday, July 4 Kenwood Footrace! 3K-5K Race 	8 AM July 6 Park Trail OD Run
Week #6	July 8 Channel Drive	July 9 Howarth Park EZ Run	July 10 Park Trail Group Tempo	July 12 Howarth Park EZ Run	8 AM July 13 Park Trail OD Run
Week #7	July 15 Channel Drive	July 16 Howarth Park EZ Run	July 17 MCHS Track 2Mi/5K (Option: Group Time Trial or Group Tempo)	July 19 Howarth Park EZ Run	8 AM July 20 Park Trail Pancake Run 
Week #8	July 22 Channel Drive	July 23 Howarth Park EZ Run	July 24 4 PM Group Tempo MCHS Track Or OYO (Tahoe Camp Plan Meeting 6pm)	 Gone For Tahoe Running Camp Zephyr Cove Campground (Jul 26 – Jul 31) 	
Week #9	 Gone For Tahoe Running Camp Zephyr Cove Campground (Jul 26 – Jul 31) 			Aug 2 Howarth Park EZ Run	8 AM Aug 3 Park Trail OD Run
Week #10	Aug 5 Channel Drive	Aug 6 Howarth Park EZ Run	Aug 7 Park Trail Group Tempo	Aug 9 Howarth Park EZ Run	8 AM Aug 10 Park Trail OD Run

This program ends Sat, August 10th, since Mon, August 12th is the first “official” day of XC ’24 Fall Season practice for all local High Schools. -First “official” day of school (SRCSD) is Thursday, August 14th for 2024/2025 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, Tahoe Running Camp or Maria Carrillo XC, visit the MCHS Cross Country Team website page at www.mariacarrillorun.com