

SEPTEMBER 2012

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------------------|--|---|------------------------------|---|--------|--|
| | | | | | | 1 Chezley Mantyla Birthday |
| 2 | 3 Labor Day Ron Hougardy Birthday | 4 6-Track Workout | 5 | 6 6-Chesebro Run | 7 | 8 Richard Yamane Birthday |
| 9 | 10 Rebecca Harris Birthday | 11 6-Track Workout | 12 Rick Astor Birthday | 13 6-Chesebro Run | 14 | 15 Wounded Warrior 1/2 ,5K Pt Mugu |
| 16 Polina Datsova Birthday | 17 | 18 6-Track Workout | 19 Jim Verity Birthday | 20 Chrissy Czerwonka Birthday 6-Chesebro Run | 21 | 22 |
| 23 | 24 | 25 NO COOK TUESDAY!! 6-Track Workout | 26 | 27 6-Chesebro Run | 28 | 29 |
| 30 | | | | | | |

OCTOBER 2012

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|--|---|-------------------------------|-----------------------------|------------------------------------|--|
| | 1 | 2 6-Track Workout | 3 Tim Land Birthday | 4 6-Chesebro Run | 5 | 6 Agoura 10 Miler & 10K |
| 7 Long Beach Marathon | 8 Columbus Day Jill McAlister Birthday | 9 6-Track Workout | 10 | 11 6-Chesebro Run | 12 Arno Adlhoch Birthday | 13 Karen DeRossett Birthday |
| 14 Conejo ½, 10K, 5K | 15 | 16 6-Track Workout | 17 | 18 6-Chesebro Run | 19 | 20 |
| 21 Malibu Cyn Trail 50K, 25K, 10K | 22 | 23 NO COOK TUESDAY 6-Track Workout | 24 | 25 6-Chesebro Run | 26 | 27 Twilight's Last Gleaming XC Challenge |
| 28 Conejo Mud Run Craig Kahn Birthday | 29 | 30 6-Track Workout 7-Chili Potluck at Russel&Belinda's | 31 Halloween | | | |

NOVEMBER 2012

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|----------------------------|---------------------------------------|-----------|--|---|----------|
| | | | | 1 Beverly Buss & Sean Morony Birthdays 6-Chesebro Run Last for 2012!!! | 2 | 3 |
| 4 CSUCI 5K SOAR 5/10K Time Change-set your clocks back 1 | 5 | 6 ELECTION DAY 6-Track Workout | 7 | 8 | 9 | 10 |
| 11 Veteran's Day Calabasas 5/10K; Malibu ½ & Marathon | 12 Veterans Day (observed) | 13 6-Track Workout | 14 | 15 Leo Aguirre Birthday | 16 Missy Andrews Birthday 7-Operation Xmas Child | 17 |
| 18 | 19 | 20 6-Track Workout | 21 | 22 Thanksgiving TO YMCA 5K; XTERRA Topanga Turkey Trot | 23 Black Friday Abby Fitch Birthday | 24 |
| 25 | 26 | 27 NO COOK TUESDAY 6-Track Workout | 28 | 29 5:30&6:15 Westlake Lake Run | 30 Mallory Ham Birthday | |

DECEMBER 2012

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|-------------------------------|--|----------------------------|---|--|---|
| | | | | | | 1 |
| 2 Cal International Marathon Amy Perdiew & David Fitch | 3 | 4 6-Track Workout | 5 | 6 Luann McKenzie Birthday 6:00 Pub Run From FTRC | 7 Pearl Harbor Remembrance Eileen Kramer Birthday | 8 Chanukah Begins Venice Christmas Run 10K & 5K |
| 9 Santa to the Sea 1/2, Relay & 5K | 10 | 11 6-Holiday Lights Run from Cisco's | 12 Dan Gerlach Birthday | 13 5:30&6:15 Westlake Lake Run | 14 | 15 Santa Fun Run 5/10K 6:30 p.m. - Holiday Party at Bill Dulev's |
| 16 Chanukah Ends | 17 | 18 6-Track Closed Practice at Oak Canyon Park | 19 | 20 5:30&6:15 Westlake Lake Run | 21 | 22 |
| 23 Winter Solstice Xmas Tree 5 Miler 30 | 24 <hr/> 31 New Year's Eve | 25 Christmas Day | 26 Kwanzaa Begins | 27 5:30&6:15 Westlake Lake Run | 28 | 29 |

JANUARY 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|-------------------------------------|--|-----------|--|---|---|
| | | 1 New Year's Day & Kwanzaa Ends | 2 | 3 6:00 Pub Run from FTRC | 4 | 5 Barry Glasser Birthday New Year's Night ½ /5K (9:00 pm) |
| 6 Xterra Boney Mt. Trail Half & 6K | 7 | 8 6-Track Workout | 9 | 10 5:30&6:15 Westlake Lake Run | 11 | 12 |
| 13 | 14 | 15 6-Track Workout | 16 | 17 5:30&6:15 Westlake Lake Run | 18 Harry Pantelas Birthday | 19 |
| 20 Paul West Birthday | 21 Martin Luther King Day | 22 6-Track Workout | 23 | 24 5:30&6:15 Westlake Lake Run | 25 | 26 |
| 27 Pasadena Rose Bowl ½ Marathon | 28 | 29 6-Track Workout | 30 | 31 5:30&6:15 Westlake Lake Run | | |

FEBRUARY 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|----------------------------------|---|-----------|--|---|----------------------|
| | | | | | 1 | 2 Groundhog Day |
| 3 Surf City Marathon & Half | 4 | 5 6-Track Workout | 6 | 7 6:00 Pub Run from FTRC | 8 | 9 Pam's Run 10/5K |
| 10 Camarillo Duathlon | 11 | 12 Lincoln's Birthday 6-Track Workout | 13 | 14 Valentine's Day 5:30&6:15 Westlake Lake Run | 15 | 16 Kyle's Crusade |
| 17 Pasadena Rock 'n' Roll ½ Marathon | 18 President's Day (observed) | 19 6-Track Workout | 20 | 21 5:30&6:15 Westlake Lake Run | 22 Washington's Birthday Alyson Verity Birthdav | 23 |
| 24 Seaside Half, 5/10K Erin Chenoweth Birthday | 25 | 26 6-Track Workout | 27 | 28 5:30&6:15 Westlake Lake Run | | |

MARCH 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|-----------------------|---|-------------------------------------|-------------------------------------|----------------------------------|--|
| | | | | | 1 Suzi Landolphi Birthday | 2 |
| 3 | 4 | 5 6-Track Workout | 6 | 7 6:00 Pub Run from FTTC | 8 | 9 |
| 10 Daylight Savings Begins – Set your clocks AHEAD 1 hour!! Camarillo Duathlon | 11 | 12 Becca Korb Birthday 6-Track Workout | 13 | 14 6:00 Chesebro Runs Begin!! | 15 Craig Mead Birthday | 16 Thomas Rohr Birthday |
| 17 St. Patrick's Day LA Marathon | 18 | 19 6-Track Workout | 20 | 21 6:00 Chesebro Run | 22 Jonathan Young Birthday | 23 Great Race ½, 10&5K Pasadena Triathlon |
| 24 <hr/> 31 Easter Joe Wells Birthday | 25 Passover Begins | 26 6-Track Workout | 27 Kathleen Driscoll Birthday | 28 6:00 Chesebro Run | 29 Good Friday | 30 |

APRIL 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-----------------------------|-----------------------|------------------------------------|-----------|--|------------------------------|--------------------|
| | 1 April Fools Day | 2 Passover Ends 6-Track Workout | 3 | 4 6:00 Chesebro Run | 5 John Verity Birthday | 6 |
| 7 | 8 | 9 6-Track Workout | 10 | 11 6:00 Chesebro Run | 12 | 13 |
| 14 Camarillo Duathlon | 15 Boston Marathon | 16 6-Track Workout | 17 | 18 6:00 Chesebro Run | 19 Ragnar Relay | 20 Ragnar Relay |
| 21 | 22 Earth Day | 23 6-Track Workout | 24 | 25 Wendy Raymond Birthday 6:00 Chesebro Run | 26 | 27 |
| 28 Ojai ½, 10/5K | 29 | 30 6-Track Workout | | | | |

MAY 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|------------------------------|--|--|---------------------------------------|---|
| | | | 1 Curtiss Musser Birthday | 2 6:00 Chesebro Run | 3 | 4 The Oaks Mile/5K |
| 5 Cinco de Mayo Run on the Wild Side 5K | 6 Mike Malinzak & Ken Tang Birthday | 7 6-Track Workout | 8 Fred Bowen Birthday | 9 6:00 Chesebro Run | 10 | 11 Tough Topanga 10K Creekside 5K |
| 12 Mother's Day | 13 | 14 6-Track Workout | 15 | 16 6:00 Chesebro Run | 17 | 18 Armed Forces Day Heritage Valley 10/5K |
| 19 | 20 | 21 6-Track Workout | 22 | 23 Paul Granger Birthday 6:00 Chesebro Run | 24 Karen Musser Birthday | 25 |
| 26 | 27 Memorial Day | 28 6-Track Workout | 29 | 30 6:00 Chesebro Run | 31 | |

JUNE 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---------------------|--------|-----------------------|-----------|-------------------------|-------------|----------|
| | | | | | | 1 |
| 2 Love Run 10/5K | 3 | 4 6-Track Workout | 5 | 6 6:00 Chesebro Run | 7 | 8 |
| 9 | 10 | 11 6-Track Workout | 12 | 13 6:00 Chesebro Run | 14 Flag Day | 15 |
| 16 Father's Day | 17 | 18 6-Track Workout | 19 | 20 6:00 Chesebro Run | 21 | 22 |
| 23 | 24 | 25 6-Track Workout | 26 | 27 6:00 Chesebro Run | 28 | 29 |
| 30 | | | | | | |

JULY 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------------------------------------|---|---|-----------|-----------------------------------|--------------------------------|-----------|
| | 1 Byrle Smallen Birthday | 2 KeenaCarstensen Birthday 6-Track Workout | 3 | 4 Independence Day | 5 Kelli Ham Birthday | 6 |
| 7 Greg Andrews Birthday | 8 | 9 6-Track Workout | 10 | 11 6:00 Chesebro Run | 12 | 13 |
| 14 | 15 Georgene Pantelas & Nate Young Birthday | 16 6-Track Workout | 17 | 18 6:00 Chesebro Run | 19 | 20 |
| 21 | 22 | 23 6-Track Workout | 24 | 25 6:00 Chesebro Run | 26 | 27 |
| 28 Parent's Day | 29 | 30 6-Track Workout | 31 | | | |

AUGUST 2013

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|-------------------------------|--------|---------|-------------------------------------|------------------------------|------------------------------|----------|
| | | | | 1 | 2 Dave Czerwonka Birthday | 3 |
| 4 | 5 | 6 | 7 Dylan Busse Birthday | 8 Mike Appell Birthday | 9 | 10 |
| 11 Roger Young Birthday | 12 | 13 | 14 Buck Jellison birthday | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 25 | 26 | 27 | 28 Stuart Barrington Birthday | 29 | 30 | 31 |