








# 6PM SANTA ROSA 2025 SUMMER COMMUNITY DISTANCE RUNS!

(10 week schedule) FREE / open to the public June 2<sup>nd</sup> - August 9<sup>th</sup> (Rev GF June 6, 2025)

MC Coaches Confirmed to attend/help (Greg, Chad, Marion, Leanne, Kara, John)		<b>Monday</b> Richardson Hill Tempo	<b>Tuesday</b> EZ Pace Run	<b>Wednesday</b> Group Tempo or MMiles Watermelon Wed! 	<b>Friday</b> EZ Pace Run	<b>9 AM or 8 AM</b> <b>Saturday</b> Over-Distance Runs (Note: locations may change!)
Greg only 6/2,6/3 Chad, Marion	<b>Week #1</b>	June 2 Channel Drive	June 3 Howarth Park EZ Run	June 4 Park Trail MMiles	June 6 Howarth Park EZ Run OYO	9 AM June 7 Park Trail OD Run
Greg only 6/9 John 6/9-6/11 Marion 6/9-6/13	<b>Week #2</b>	June 9 Channel Drive	June 10 Howarth Park EZ Run	June 11 Park Trail MMiles	June 13 Howarth Park EZ Run	9 AM June 14 Park Trail OD Run
John 6/16-6/18 Greg 6/20-6/21 Chad 6/20-6/21	<b>Week #3</b>	June 16 Channel Drive	June 17 Howarth Park EZ Run	June 18 Park Trail Group Tempo or MMiles	June 20 Howarth Park EZ Run	9 AM June 21 Park Trail OD Run
Greg, Chad John 6/24-6/28	<b>Week #4</b>	June 23 Channel Drive	June 24 Howarth Park EZ Run	June 25 <b>7-8:30 PM MCHS Track</b> Group Tempo or MMiles	June 27 Howarth Park EZ Run	8 AM June 28 Park Trail Pancake Long Run 
Greg, Chad, Leanne, John	<b>Week #5</b>	June 30 Channel Drive (9AM)	July 1 EZ Run OYO	July 2 EZ Run OYO	<b>No Group run Friday</b> <b>See you July 4</b> <b>Kenwood Footrace!</b> <b>3K-10K Race</b> 	8 AM July 5 Park Trail OD Run
Greg, Chad Leanne 7/7-7/8 Kara 7/9-7/12	<b>Week #6</b>	July 7 Channel Drive	July 8 Howarth Park EZ Run	July 9 Park Trail MMiles	July 11 Howarth Park EZ Run	8 AM July 12 Park Trail OD Run
Greg, Chad, Kara John 7/14-7/16 Marion only 7/19	<b>Week #7</b>	July 14 Channel Drive <b>R Hill Time Trial</b>	July 15 Howarth Park EZ Run	July 16 Park Trail MMiles	July 18 Howarth Park EZ Run	8 AM July 19 Park Trail Pancake Long Run 
Greg, Chad, Kara John only 7/26	<b>Week #8</b>	July 21 Channel Drive	July 22 Howarth Park EZ Run	July 23 <b>7-8:30 PM MCHS Track</b> Group Tempo	July 25 Howarth Park EZ Run	8 AM July 26 Park Trail OD Run
Greg, Chad, Kara Marion, John	<b>Week #9</b>	 <b>Gone For Tahoe Running Camp</b> <b>Zephyr Cove Campground (Mon, Jul 28th – Sat, Aug 2nd)</b> 				
Greg, Chad, Kara, Marion, John	<b>Week #10</b>	Aug 4 Channel Drive	Aug 5 Howarth Park EZ Run	Aug 6 Park Trail Group Tempo	Aug 8 Howarth Park EZ Run	8 AM Aug 9 Park Trail OD Run

This program ends Sat, August 9<sup>th</sup>, since Mon, August 11<sup>th</sup> is the first “official” day of XC ’25 Fall Season practice for all local High Schools. -First “official” 1<sup>st</sup> day of school (SRCSD) is Wednesday, August 13<sup>th</sup> for 2025/2026 academic year.

**WHAT TO EXPECT:** Casual pace/mixed pace runs vary between 45-90 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](mailto: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](http://www.mariacarrillorun.com)