

November 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>28</p> <p>7M at medium pace Race: Crossroads 5K, San Rafael 8:00a Cobblestone Trailhead on Channel Drive</p>	<p>29</p> <p>6M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>30</p> <p>6x600 at 1M G.P., walk 50, jog 150 5:30p 3390 Princeton Drive, SR</p>	<p>31</p> <p>7M at comfortable pace 5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>1</p> <p>5M with 1.5M at strong pace 4:30p Howarth Park</p> <p style="text-align: center; border: 1px solid green; border-radius: 15px; padding: 2px;">Time Change!</p>	<p>2</p> <p>3M at comfortable pace or off</p>	<p>3</p> <p>1.5M jog, 8x90 sec. at 5K G.P., jog 90 sec between each Race: Fleet Feet XC 8:30a Training Run, Railroad Square, SR</p>
<p>4</p> <p>Race: 8:00a - Redwood Fun Run, Julliard Park, Santa Rosa 8M at medium pace 8:00a Cobblestone Trailhead on Channel Drive</p>	<p>5</p> <p>3M at comfortable pace or off 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>6</p> <p>6M with 6 x 2 min. at 3M G.P. 5:30p 3390 Princeton Drive, SR</p>	<p>7</p> <p>4M at comfortable pace 5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>8</p> <p>Newsletter Deadline: Jerry Lyman, Editor 7M with 3 x 4 min. at strong pace 4:30p Howarth Park</p>	<p>9</p> <p>3M at comfortable pace or off</p>	<p>10</p> <p>8 x 60 sec. at 1M G.P. 8:30a Training Run, Railroad Square, SR</p>
<p>11</p> <p>Race: 9:00a - Prince Memorial Greenway 10K, Santa Rosa 9M at medium pace 8:00a Parktrail Drive at Summerfield Drive</p>	<p>12</p> <p>6M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>13</p> <p>12x400m@2M G.P. 5:30p 3390 Princeton Drive, SR</p>	<p>14</p> <p>6M at comfortable pace 5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>15</p> <p>5M with 12 x 20 sec. at 3M G.P. 4:30p Howarth Park 6:30p Club Meeting, MV RT Pizza</p>	<p>16</p> <p>4M at comfortable pace or off</p>	<p>17</p> <p>4M at comfortable pace and 4M at medium-strong pace 8:30a Training Run, Railroad Square, SR</p>
<p>18</p> <p>PA Championships XC 9M at medium pace 8:00a Cobblestone Trailhead on Channel Drive</p>	<p>19</p> <p>5M at comfortable pace 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>20</p> <p>6M with 12 x 60 sec. at 3M G.P. 5:30p 3390 Princeton Drive, SR</p>	<p>21</p> <p>5M at comfortable pace 5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>22</p> <p>9M at medium pace 8:30a Channel Drive: Wild Turkey Ramble training run</p>	<p>23</p> <p>3M at comfortable pace or off</p>	<p>24</p> <p>Race: Turkey Trot 5K & 10K, Davis 8M at medium pace 8:30a Training Run, Railroad Square, SR</p>
<p>25</p> <p>Race: 8:00a - McGuire's Breakfast Run, Santa Rosa</p>	<p>26</p> <p>3M at comfortable pace or off 7:00p 1932 Yolo Court, SR: 6.5M at 7:30 pace</p>	<p>27</p> <p>6M with 20 x 30 sec. at 3M G.P. 5:30p 3390 Princeton Drive, SR</p>	<p>28</p> <p>7M at comfortable pace 5:30p Fleet Feet shoe store, 3rd St., SR</p>	<p>29</p> <p>6M total with 4x3 min. at strong pace 4:30p Howarth Park</p>	<p>30</p> <p>4M at comfortable pace or off</p>	<p>1</p> <p>8M with 3 sets of 10x30 sec. w/30-sec. jog 8:30a Training Run, Railroad Square, SR</p>