



TRAIL RAPTURE

2011

BONUS RUNS: THURSDAY MORNING COYOTE TRAIL RUN (Rotates between 5 locations) 6:10a

OTHER RUNS & YOGA: WEDNESDAY NIGHT TOP TO TOP RUNS 6:30p

MONDAY NIGHT RUN & YOGA AT LULULEMON BEVERLY HILLS (contact Lululemon for details) 6:30p

FRIDAY MORNING YOGA WITH EMILY MITCHELL 6:00a

PACK PRACTICE SCHEDULE:

TUESDAY NIGHT SPECIALTY

AUGUST

8/2 - Brentwood Country Club 6:30p

8/9 - BWCC 6:30p

8/16 - BWCC 6:30p

8/23 - BWCC 6:30p

8/30 - Hill Workout 6:45p

SEPTEMBER

9/6 - BWCC 6:30p

9/13 - BWCC 6:30p

9/20 - BWCC 6:30p

9/27 - BWCC 6:30p

OCTOBER

10/4 - BWCC 6:30p

10/11 - Hill Workout 6:45p

10/18 - BWCC 6:30p

10/25 - BWCC 6:30p

NOVEMBER

11/1 - BWCC 6:30p

11/8 - BWCC 6:30p

11/15 - BWCC 6:30p

11/22 - Hill Workout 6:45p

11/29 - BWCC 6:30p

DECEMBER

12/6 - BWCC 6:30p

12/13 - BWCC 6:30p

12/20 - BWCC 6:30p

WEEKEND LONG RUN

AUGUST

SAT, 8/6 - Sullivan Canyon TRAIL

SAT, 8/13 - Mt D 50k

SUN, 8/14 - Peet's B-wood ROAD (Coach Bev & Kate)

SAT, 8/20 - Malibu Creek TRAIL

SAT, 8/27 - Bulldog 50k

SUN, 8/28 - Peet's Mdr ROAD

SEPTEMBER

SAT, 9/3 - Palos Verdes ROAD

SAT, 9/10 - Rio del Lago 100-miler

SUN, 9/11 - Westridge TRAIL (Coach Bev)

SAT, 9/17 - Noble Canyon 50k

SUN, 9/18 - Peet's B-wood ROAD

FRI-SUN, 9/23-25 - Lake Tahoe Super Triple

SAT, 9/24 - Generic Events Malibu Dirt Dash **UPDATED!**

SUN, 9/25 - Ray Miller / La Jolla Cyn TRAIL **UPDATED!**

OCTOBER

SAT - 10/1 - Peet's Mdr ROAD **UPDATED!**

SUN - 10/2 - Santa Monica 5000/10000 **UPDATED!**

SAT, 10/8 - Leona Valley Trail Races // Firetrails 50-Miler

SUN, 10/9 - Temescal TRAIL

SUN, 10/9 - Long Beach Marathon & Half // Chicago Marathon

SAT, 10/15 - Peet's B-Wood ROAD

SUN, 10/16 - XTERRA Pt Mugu

SAT, 10/22 - Los Pinos 50k

SUN, 10/23 - Peet's Mdr ROAD

SAT, 10/29 - Sullivan Canyon TRAIL

NOVEMBER

SAT, 11/5 - Griffith Park TRAIL

SUN, 11/6 - New York Marathon

SAT-SUN, 11/12-13 - Javelina Jundred 100-Miler (Coyote road trip)

SAT, 11/12 - Griffith Park Trail Half

SAT, 11/19 - Peet's B-wood ROAD

SUN, 11/20 - Topanga/Trippet TRAIL XTERRA CP Run TRAIL

THU, 11/24 - XTERRA Topanga Turkey Trot THANKSGIVING

SAT, 11/26 - Red Rocks 40-miler

SUN, 11/27 - Palos Verdes ROAD

DECEMBER

SAT, 12/3 - Northface 50/50 // Death Valley Trail Marathon

SUN, 12/4 - Cali Int'l Marathon // Ridgecrest 50k

SAT, 12/10 - Boney Mountain TRAIL

SUN, 12/11 - XTERRA Crystal Cove

SUN, 12/18 - Peet's Mdr ROAD

SAT, 12/24 - Boney Mountain TRAIL

SAT, 12/31 - Los Lions TRAIL

SUN, 1/1 - Peet's Bwood ROAD

ROAD

TRAIL

RACE

SoCalCoyotes.com

