

AREC 2018-19 SATURDAY TRAIL SCHEDULE

*A minimum of 2 distances (Group 1 & Group 2) will be offered each week. At least one of the distances will always be 3-7 miles so that shorter distance runners, hikers, and/or beginners can join the trail group at any time. Race alternatives are also listed on some weeks for those who wish to venture away from scheduled AREC trail runs.

*Distances were designed to support beginner/shorter distance runners, and to support the 2019 AREC Trail Race training program. The training program is geared to coincide with the Griffith Park and Valencia Trail Races offering distances from 10K to 50K. Official AREC trail runs will not be scheduled during those race weeks, nor during the blacked out holiday weeks listed below.

*Details on where to meet, parking, bathrooms, and maps, etc. will be posted weekly on Facebook at AREC Trail Running. Trail Leaders will debrief Groups on navigation and safety at 7:45 a.m. (unless otherwise specified in the Event listing that week). Some Trail Leaders will provide maps that include the GPS mileage for turns... others will mark the trail and/or stay back to ensure that NO ONE gets lost on trail!

*All Groups start together and eventually split off with each group's leader based on distance. Everyone finishes at their own pace.

*Runners MUST carry their own water and fuel. Phones and GPS watches are also highly encouraged for safety and navigation purposes. Other recommended supplies include toilet paper, body glide, sunscreen, and a bandana.

*Distances and locations subject to change based on weather or other emergent conditions.

Saturday	Mileage			Race Alternative	Leaders	Trailhead
	Group 1	Group 2	Group 3			
10-Nov	10	3-5 Beginner			Ameelia, Chad, Tsehay	Newport Coast - Coastal Peak Park
17-Nov	10	6			Alan, Emmett	Chino Hills
24-Nov	10	3-5 Beginner			Ameelia, Tsehay	Newport Coast - Coastal Peak Park
1-Dec	9	6			Matt	Siton Peak
8-Dec	10	3-5 Beginner		XTERRA Crystal Cove 6k & 15k	Ameelia, Tsehay	Newport Coast - Coastal Peak Park
15-Dec	10	7			Alan, Tsehay	Harding Truck Trail
22-Dec	Holidays! No organized runs will be scheduled. See Facebook AREC Trail Running page for unofficial gatherings.					
29-Dec	Holidays! No organized runs will be scheduled. See Facebook AREC Trail Running page for unofficial gatherings.					
5-Jan	12	3-5 Beginner			Ameelia, Tsehay	Newport Coast - Coastal Peak Park
12-Jan	14	8	5		Art, Conboy, Kelly	Whittier
19-Jan	16	9	5		Art, Conboy, Kelly	Newport Coast - Aliso & Wood
26-Jan	11	7	3-5		Ameelia, Art, Kelly	Newport Coast - Coastal Peak Park
2-Feb	18	10	5.5		Art, Kelly, Tsehay	Newport Coast - Coastal Peak Park
9-Feb	20	10	7		Art, Conboy, Kelly	Newport Coast - Laguna Coast Wilderness
16-Feb	22	10	5-7	Orange Curtain 10K, 30K, 50K, 100K, Cerritos	Amelia, Art, Kelly	Newport Coast - Irvine Open Space
23-Feb	10	5			Art, Kelly	Newport Coast - Laguna Coast Wilderness
2-Mar	26	13		Way Too Cool 50K	Griffith Park Trail 13.1, 26.2, 50K	Los Angeles
9-Mar	24	8	5	Catalina Island 26.2M, Into the Wild 10K, 21K, 30K, Old West 13.1, 50K	Alan, Kelly, Tsehay	Mount Wilson
16-Mar	18	10	5	Ramblas Run 5K, 10K, 13.1M, San Juan Capistrano	Alan, Kelly, Tsehay	Mount Wilson
23-Mar	10	7	3-5		Art, Kelly	Monrovia Canyon
30-Mar	31	13.1	6.2		Valencia Trail Race 10K, 13.1M, 50K	Valencia
6-Apr	TBD	TBD	TBD			TBD
13-Apr	TBD	TBD	TBD			TBD
20-Apr	TBD	TBD	TBD			TBD
27-Apr	TBD	TBD	TBD			TBD