

## **Toeing the Mark -- A Calendar of Upcoming Running Events**

Flyers for some of the listed events are available on-line at [www.highdesertrunners.org/](http://www.highdesertrunners.org/) under the "Race Flyers" link on the home page.

### **LOCAL & AREA**

- Saturday, Feb. 4 -- LANCASTER: AVC ALL-COMERS TRACK MEET # 2**, Antelope Valley College. Field events begin at 9 a.m.; track events begin at 10 a.m. See [flyer](#) for complete schedule and details. Same event schedule as Jan. 28 meet except no steeplechase at this meet. Mark Covert, event director, 661-722-6442, [mcovert@avc.edu](mailto:mcovert@avc.edu).
- Saturday, Feb. 11 -- PALMDALE: SWEETHEART RUN 5K**. Proceeds to benefit a fund to help pay for costs of a kidney transplant for Teresa Lopez, who has been on dialysis for seven years. Location, details pending.
- Sunday, Feb. 12 -- MOUNTAIN TRAIL FUN RUN**, Sierra Pelona Ridge, Pacific Crest & Five Deers Trails (12.5 miles). Fairly steep route, but doable. Trailhead is on Bouquet Canyon Road, about four miles southwest of Elizabeth Lakes Road west of Palmdale. Bruce Smith (661-263-9828) and Phil Howard, (661-263-2876) are hosts.
- Saturday, Feb. 18 -- LANCASTER: YMCA FRIENDSHIP 5K, 10K & 1K RUNS**, Lancaster City Park. 7 a.m. start. and a 1K kids run. Second annual, proceeds to benefit Antelope Valley Family YMCA scholarship fund. 5K entry fees: \$20 adult, \$30 couple, \$10 students, add \$10 for 10K, includes race shirt and swag bag. Barbara Brodowsky, RD, 661-723-9622, [www.ymcala.org/antelope/Events](http://www.ymcala.org/antelope/Events).
- Saturday, March 10 -- QUARTZ HILL: NUTTY RUNNERS 5K & 800 METER RUNS**, Joe Walker Middle School, 57<sup>th</sup> Street West & Avenue L-8, 8;30 a.m. start. Held in conjunction with the Quartz Hill Almond Blossom Festival at nearby Lane Park. Fund raiser for the West Antelope Valley Educational (WAVE) Foundation, which supports arts, music and athletics programs in the Westside Union School District. \$25 adults, \$12 high school age or under, \$5 discount for members of the High Desert Runners club, \$6 for kids 800-meter race on track. More information & on-line registration available at <http://nuttymrunners5k.com/> or contact Dale Lister, RD, at 273-6683, [rundalel@gmail.com](mailto:rundalel@gmail.com).
- Sunday, March 11 -- MOUNTAIN TRAIL FUN RUN**, San Fransisquito to Lake Hughes on the PCT (15.5 miles). Out & back route on the Pacific Crest Trail from the PCT trailhead on San Fransisquito Canyon Road about two miles south of Elizabeth Lakes Road to Lake Hughes Road over the Leona Divide. Clay Patten, host, 661-943-5302.
- Saturday, April 14 -- MOUNTAIN TRAIL FUN RUN**, Pacific Crest Trail, Soledad Canyon (about 7 miles). Moderately steep uphill outbound, downhill on return. Trailhead has a restroom, picnic shelter and paved parking. Take Soledad Canyon Road about 15 miles from Canyon Country, 10 miles from Palmdale to trailhead at Indian Canyon forest road turnoff. David Weary, host, 661-714-9440.
- Saturday, May 12 -- LAKE HUGHES: THE OAKS 5K RUN**, The Oaks Christian Camp, Pine Canyon Road one mile west of the intersection of Elizabeth Lakes and Lake Hughes Road. Details pending. More info: Matthew Horner, event director, [MHorner@worldimpact.org](mailto:MHorner@worldimpact.org).
- Sunday, May 13 -- MOUNTAIN TRAIL FUN RUN**, Pacific Crest Trail, Agua Dulce to Sierra Pelona Ridge and back (11 miles). Out & back route entirely on the PCT. Meet at trailhead on Petersen Road just off Sierra Highway in Agua Dulce. Parking is very limited. Ed Burke and Mervat Tawfik, hosts, [abby96@sbcglobal.net](mailto:abby96@sbcglobal.net), 661-251-5670.

### **OUT OF AREA**

- Saturday, Feb. 4 -- "Run For Russ" 5K** - [www.chinopoa.org](http://www.chinopoa.org)
- Saturday, Feb. 4 -- Natasha Watley Foundation 5K** -  
Secure.PacificCoastRaceTiming.com/register/?event=7192
- Sunday, Feb. 5 -- Surf City USA® Marathon and Half** - [www.runsurfcity.com](http://www.runsurfcity.com)
- Sunday, Feb. 5 -- Redondo Beach Super Bowl Sunday 10K/5K** - [www.redondo10k.com](http://www.redondo10k.com)
- Sunday, Feb. 5 -- Students Run LA 18-mile Friendship Run** - [www.srla.org](http://www.srla.org)
- Saturday, Feb. 11 -- Los Angeles Pancreatic Cancer Research 5K/10K** – Website
- Saturday, Feb. 11 -- OC Chili Winter Trail Run Series - #1 - 5 Miles** -  
[www.bookthatevent.com/Trail\\_Run/Home.html](http://www.bookthatevent.com/Trail_Run/Home.html)
- Saturday, Feb. 11 -- The Majestic Marathon, half marathon and ultra (50k)** - [racing@rocketmail.com](mailto:racing@rocketmail.com)
- Sunday, Feb. 12 -- Los Angeles Chinatown Firecracker 5k/10k** - [www.firecracker10k.org](http://www.firecracker10k.org)
- Sunday, Feb. 12 -- Love Birds 5k, 10k, 15k** - [racing@rocketmail.com](mailto:racing@rocketmail.com)
- Saturday, Feb. 18 -- Lancer 5000** – website

**Sunday, Feb. 19** -- Bandit Trail Run 50K, 30K, 15K and 5K - [www.bandittrailrun.com](http://www.bandittrailrun.com)

**Sunday, Feb.19** -- Rock 'n' Roll Pasadena Half - [runrocknroll.competitor.com/Pasadena](http://runrocknroll.competitor.com/Pasadena)

**Sunday, Feb. 19** -- Fantastic 5k/10k/15k and Half Marathon - [rracing@rocketmail.com](mailto:rracing@rocketmail.com) Beach

**Saturday, Feb. 25** -- Los Alamitos Race on the Base 5K,10K - [www.raceonthebase.com](http://www.raceonthebase.com)

**Saturday, Feb. 25** -- 4-Mile Hill Challenge - [www.4milehillchallenge.com](http://www.4milehillchallenge.com)

**Sunday, March 18** – **LOS ANGELES: LOS ANGELES MARATHON.** [www.lamarathon.com](http://www.lamarathon.com)

**Saturday, April 7** – **HOLLYWOOD: HOLLYWOOD HALF-MARATHON.** Includes live entertainment, health & fitness expo, a Citywalk awards ceremony, medals for all finishers, prize money for top elites & masters finishers, limousine bus shuttles, and even a chance to run with the stars of the entertainment world. More info at [www.HollywoodHalfMarathon.com](http://www.HollywoodHalfMarathon.com).

## **LOOKING AHEAD...**

**Sunday, Nov. 4** – **SANTA CLARITA: SANTA CLARITA MARATHON, HALF-MARATHON & 5K,** Valenica Towne Center, 7 a.m. start. More info: [www.scmarathon.org](http://www.scmarathon.org)