



May 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					7 AM Hot Java, MH 1	8 AM Coyote Creek Trail Morgan Hill 2
3	7 AM Vineyard Starbucks, MH 4	5:15 AM Corner of Rancho Hills/Mantelli, Gilroy Kim Moyano, 482-4918 5	6:15 PM Informal Track Workout Gilroy High School 6	5:15 AM Gilroy Run with Kim and Raina (see Tuesdays for details) 7 12 PM Vineyard Starbucks, MH, Allan Abrams, 782-1024	7 AM Hot Java, MH 8	8 AM Christmas Hill Park Gilroy 9
10	7 AM Vineyard Starbucks, MH 11	5:15 AM Corner of Rancho Hills/Mantelli, Gilroy Kim Moyano, 482-4918 12	6 PM Monthly Meeting The Granary, MH Speaker: RRCA Coach, Craig Lore, The Biomechanics of Running 13	5:15 AM Gilroy Run with Kim and Raina (see Tuesdays for details) 14 12 PM Vineyard Starbucks, MH, Allan Abrams, 782-1024	7 AM Hot Java, MH 15	8:30 AM SVRC Challenge Harvey Bear 22K/12K 16
17	7 AM Vineyard Starbucks, MH 18	5:15 AM Corner of Rancho Hills/Mantelli, Gilroy Kim Moyano, 482-4918 19	6:15 PM Informal Track Workout Gilroy High School 20	5:15 AM Gilroy Run with Kim and Raina (see Tuesdays for details) 21 12 PM Vineyard Starbucks, MH, Allan Abrams, 782-1024	7 AM Hot Java, MH 22	8 AM Christmas Hill Park Gilroy 23 8AM Mushroom Mardi Gras 10K/5K
24/31	7 AM Vineyard Starbucks, MH 25	5:15 AM Corner of Rancho Hills/Mantelli, Gilroy Kim Moyano, 482-4918 26	6:15 PM Informal Track Workout Gilroy High School 27	5:15 AM Gilroy Run with Kim and Raina (see Tuesdays for details) 28 12 PM Vineyard Starbucks, MH, Allan Abrams, 782-1024	7 AM Hot Java, MH 29	8 AM Mt. Madonna 30