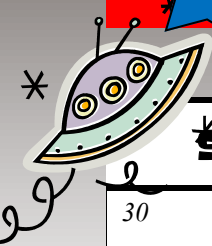


SOAR IS
OUT OF
THIS
WORLD!

FEBRUARY 2022



SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 5.0 Miles 3:30-5:30p (Iron Horse) Interval	2	3 4.0 Miles 3:30-5:30p (Lowes) Tempo	4	5 10.0 Miles 6:00-10:00a (Lowes) Moderate Long
6 Event Surf City 1/2 Marathon (Huntington Beach) 5a-2p		8 4.0 Miles 330-5p (Lowes) Interval Group Challenge!	9 	10 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	11	12 Event Santa Clarita 1/2 Marathon (Valencia) 6a-12p
13	14 	15 4.0 Miles 330-5p (Lowes) Interval	16	17 4.0 Miles 3:30-5:30p (Lowes) Tempo	18	19 15.0 Miles 6:00-10:00a (Facey) Moderate Long
20 	21	22 4.0 Miles 3:30-5:30p (Lowes) Interval	23	24 MGM 5K Run Thru 3:30-5:30p (Valencia Town Center)	25	26 10.0 Miles 6:00-10:00a (Lowes) Moderate Long
27 Event Mardi Gras Madness Team Fundraiser (Valencia)	28					