



SOAR IS
OUT OF
THIS
WORLD!

FEBRUARY 2020

SUN	MON	TUE	WED	THU	FRI	SAT
						1
 <p>2 <i>Event</i> Surf City 1/2 Marathon (Huntington Beach) 5a-2p</p>	3	<p>4 4.0 Miles 330-5p (Lowe's) <i>Interval</i> Group Challenge!</p>	5	<p>6 5.0 Miles 3:30-5:30p (Iron Horse) <i>Tempo</i></p>	7	8
<p>9 <i>Event</i> Mt Hollywood 12K (Los Angeles) 6:00a-1:00p</p> 	10	<p>11 4.0 Miles 330-5p (Lowe's) <i>Interval</i></p>	12	<p>13 4.0 Miles 3:30-5:30p (Lowe's) <i>Tempo</i></p>	<p>14 <i>Happy Valentine's Day</i></p> 	<p>15 <i>Event</i> SOAR 20 Miler (Newhall) Moderate Long</p> 
<p>16 <i>Event</i> Mardi Gras Madness Team Fundraiser (Valencia)</p> 	17	<p>18 4.0 Miles 3:30-5:30p (Lowe's) <i>Interval</i></p>	19	<p>20 MGM 5K Run Thru 3:30-5:30p (Valencia Town Center)</p>	21	<p>22 10.0 Miles 6:00-10:00a (Lowe's) Sarkissian Moderate Long</p>
<p>23 <i>Event</i> Mardi Gras Madness Team Fundraiser (Valencia)</p>	24	<p>25 4.0 Miles 3:30-5:30p (Lowe's) <i>Interval</i></p>	26	<p>27 5.0 Miles 3:30-5:30p (Iron Horse) <i>Tempo</i></p>	28	<p>29 10.0 Miles 6:00-10:00a (Facey) Sarkissian Easy A Aerobic</p>