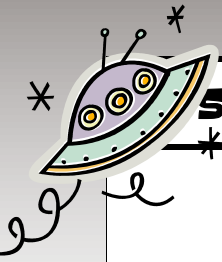






SOAR IS OUT OF THIS WORLD!

# FEBRUARY 2024



SUN	MON	TUE	WED	THU	FRI	SAT
				1 4.0 Miles 3:30-5:30p (Lowes) Tempo	2	3
4 Event Surf City 1/2 Marathon (Huntington Beach) 5a-2p 		6 4.0 Miles 330-5p (Lowes) Interval Group Challenge!	7 	8 5.0 Miles 3:30-5:30p (Iron Horse) Tempo	9	10 10 Miles 6:00-10:00a (Lowes) Moderate Long
11	12	13 4.0 Miles 330-5p (Lowes) Interval	14 	15 4.0 Miles 3:30-5:30p (Lowes) Tempo	16	17 15.0 Miles 6:00-10:00a (Facey) Moderate Long
18	19 	20 4.0 Miles 3:30-5:30p (Lowes) Interval	21	22 MGM 5K Run Thru 10K 3:30-5:30p (Valencia Town Center)	23	24 10.0 Miles 6:00-10:00a (Lowes) Moderate Long
25 Event Mardi Gras Madness Team Fundraiser (Valencia)	26	27 4.0 Miles 330-5p (Lowes) Interval	28	29 4.0 Miles 3:30-5:30p (Lowes) Tempo		