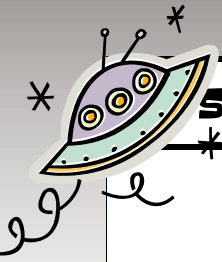




SOAR IS OUT OF THIS WORLD!

FEBRUARY 2025



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