



JANUARY 2019

SUN	MON	TUE	WED	THU	FRI	SAT
30	31	1 HAPPY NEW YEAR	2	3 5.0 Miles 9-11a (Heritage Park) Hallen	4	5 10.0 Miles 6:00-10:00a (Facey) Sarkissian
6	7	8 5.0 Miles 9-11a (Iron Horse) Sarkissian	9	10 4.0 Miles 9-11a (Loves) Hallen	11	12 Event So Cal 1/2 Marathon (Irvine) 5a-2p 
13	14	15 4.0 Miles 3:30-5p (Loves) Sarkissian	16	17 4.0 Miles 3:30-5:30p (Loves) Hallen	18	19 10.0 Miles 6-10a (Loves) Sarkissian
20	21	22 4.0 Miles 3:30-5p (Loves) Sarkissian	23	24 5.0 Miles 3:30-5:30p (Loves) Hallen	25	26 10.0 Miles 6:00-10:00a (Facey) Sarkissian
27	28	29 5.0 Miles 3:30-5p (Loves) Sarkissian	30	31 4.0 Miles 3:30-5:30p (Loves) Hallen	SOAR	