



# 2019 Sequoia Running Schedule

**Morning Run (7:00 a.m. u.n.o.)**

**Evening Run (4:30 p.m.)**

**Daily**

**Total**

**SUN.**

8/4

**Muir Grove**

Easy out and back run/shake-out

5

5

**MON.**

8/5

**Little Baldy** 4-8 Miles

**Fir/Lodgepole:** 7:00 from Dorst Creek

**Sequoia:** 7:00 from LB Saddle

(return to Dorst Creek)

**Ponderosa:** 7:00 a.m. LB Saddle

**6th Annual "Biathlon" Games**

2-5 miles (optional)

Campground

4-13

9-18

**TUE.**

8/6

**Sherman Parking Area** 9-13 miles

**Fir:** Trail of the Sequoias

**Lodgepole:** Alta Trail

**Crescent Meadow** 4-8 miles

**Sequoia:** Soldier Trail/Moro Rock

**Ponderosa:** Meadow trail/Road

**Team Relay**

2-3 miles

Campground

6-16

15-34

**WED.**

8/7

**Giant Forest/Crescent Mdw** 5-12 miles

**Fir:** Huckleberry Trail/Sherman Tree

**Lodgepole:** Soldier Trail/Alta Trail

**Sequoia:** Crescent Mdw/Log Mdw

**Ponderosa:** Sugar Pine Trail

**(Orienteering Run)**

**Big Baldy** 4-6 miles

**Fir/Lodgepole:** 4:00 Saddle to Summit

**Sequoia/Ponderosa:** 4:00: 30 min. out

9-18

24-52

**THU.**

8/8

**Hump/Pear Lake** 10-16 miles

**Fir:** 7:00 to Pear Lake

**Lodgepole:** 8:45 to Heather Lake

**Panther Gap** 5-9 miles

**Sequoia:** 7:30 to Mehrten Meadow

**Ponderosa:** 9.00 to Panther Gap

**Team Building**

Form/Drills/Strategies

Coaching Clinic

5-16

29-68

**FRI.**

8/9

**Hume Lake**

Team Costume Contest at the Beach!

**All:** 3-8 miles

Flat run easy/swim (trails)

**(No Afternoon Run)**

Rest!

3-8

32-76

**SAT.**

8/10

**Alta Peak Trail** 9-16 miles

**Fir:** 7:00 Summit

**Lodgepole:** 6:30 Summit/Meadow

**Heather Lake/Hump** 10 miles

**Sequoia:** 7:00 to Heather Lake

**Ponderosa:** 8:45 to Heather Lake

**Yoga (3:30 p.m.)**

Campground

w/Heidi Smith

(prof. yoga instructor)

**No**

**Afternoon**

**Run**

Optional

Shakeout Run

9-17

41-93

(7 days)

**SUN.**

8/11

**Sunrise Run: Little Baldy**

**All:** 5:00 a.m.

4 miles

Stony Creek



4

45-97