

Saturday Winter Runs 8:00AM

Jan 9th	Mission Bay Runner's Bathroom
Jan 16th	San Elijo Lagoon
Jan 23rd	Lake Hodges Escondido
Jan 30th	Blue Sky Preserve(Valle Verde Park)
Feb 6th	Penasquitos Canyon East End
Feb 13th	Mission Bay Runner's Bathroom
Feb 20th	San Elijo Lagoon

Directions to Running Sites

Blue Sky Preserve

-15 North to Rancho Bernardo Rd(East) turns into Espola, left on Valle Verde, park is on the left

Kit Carson Park/Lake Hodges

- 15 North to Via Rancho Parkway
- head east, take first right before golf range and follow to end

Mission Bay Runner's Bathroom

-exit I 5 at Clairemont Blvd, go west 1/2 block to E. Mission Bay Dr., bathroom is just south of visitor's center

Penasquitos Canyon(East End)

- go to the backside of Canyonside Park which is on Black Mountain Rd. just south of HWY 56

San Elijo Lagoon

- I 5 to Lomas Santa Fe(go west), turn right on Cedros Ave. and park at north of of train station parking lot