



# TSALTESHI THURSDAY TEMPO RUN SERIES

Informal Series: no race director, no timekeeper, no entry fee, unmarked course. AKA group tempo run.

Meet at Skyview High School at 5:30pm, near the pool entrance.

Group timepiece will start at 5:45pm and be left hanging near the start. Check and record your time at your own discretion.

Tsalteshi Trail Association membership not required, but will get you out of signing a waiver every week. If under 18, gets complicated, call for details.

Date	Approximate Distance	Route
10-Jun	4 or 8 miles	1 or 2 laps: Wolf, down Coyote, Goat, up Coyote, Raven, Beaver
17-Jun	5 miles	Wolf + down Bear, Wolverine, up Bear
24-Jun	5 or 10 miles	1 or 2 laps: Wolf + Rabbit, down Bear, Goat, up Bear
1-Jul	8 miles	Wolf + Rabbit, down Bear, Wolverine, Goat, up Bear, Lynx, Coyote, Beaver
8-Jul	5 miles	Wolf + down Bear, Wolverine, up Bear
15-Jul	3 miles	Wolf + Coyote and Beaver
22-Jul	3 miles	Wolf + Coyote and Beaver
29-Jul	6 miles	Wolf + Rabbit, Bear, Lynx, down Coyote, Goat, up Coyote, Raven
5-Aug	8 miles	Wolf + Rabbit, down Bear, Wolverine, Goat, up Bear, Lynx, Coyote, Beaver
12-Aug	3 miles	Wolf + Coyote and Beaver
19-Aug	6 miles	Wolf + Rabbit, Bear, Lynx, down Coyote, Goat, up Coyote, Raven
26-Aug	8 miles	Wolf + Rabbit, down Bear, Wolverine, Goat, up Bear, Lynx, Coyote, Beaver
2-Sep	3 miles	Wolf + Coyote and Beaver
9-Sep	6 miles	Wolf + Rabbit, Bear, Lynx, down Coyote, Goat, up Coyote, Raven
16-Sep	8 miles	Wolf + Rabbit, down Bear, Wolverine, Goat, up Bear, Lynx, Coyote, Beaver
23-Sep	3 miles	Wolf + Coyote and Beaver
30-Sep	6 miles	Wolf + Rabbit, Bear, Lynx, down Coyote, Goat, up Coyote, Raven

## CONTACT

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