








# 6PM SANTA ROSA 2026 SUMMER COMMUNITY DISTANCE RUNS!

(10 week schedule) FREE / open to the public June 1<sup>st</sup> - August 8<sup>th</sup> (GF May 19, 2026)

MC Coaches Confirmed to attend/help: Greg, Chad, Marion, Leanne, John 3, Jon F, Jessica (Colton/Kara Optional)		<b>Monday</b> Richardson Hill Tempo: <b>At Channel Drive</b>	<b>Tuesday</b> A.M. EZ Run P.M. EZ Run + Weights/Core <b>At MCHS</b>	<b>Wednesday</b> Group Tempo or MMiles Watermelon Wed!	<b>Thursday</b> A.M. EZ Run P.M. EZ Run + Weights/Core <b>At MCHS</b>	<b>9 AM or 8 AM Saturday</b> Over-Distance Runs <b>(Note: locations may change!)</b>	
Greg, Chad, Marion, Leanne, Jessica 6/1-6/4, John 3, Jon F	<b>Week #1</b>	June 1 Tempo	June 2 AM: 3 Mi. EZ OYO 6PM: 4-5 Mi. EZ + Weights/Core	June 3 Park Trail MMiles 	June 4 AM: 3 Mi. EZ OYO 6PM: 4-5 Mi. EZ + Weights/Core	9 AM June 6 Park Trail OD Run	
Greg, Chad, Jessica 6/9-6/13, Leanne, John 3, Jon F	<b>Week #2</b>	June 8 Tempo	June 9 AM: 3 Mi. EZ OYO 6PM: 4-5 Mi. EZ + Weights/Core	June 10 Park Trail MMiles	June 11 AM: 3 Mi. EZ OYO 6PM: 4-5 Mi. EZ + Weights/Core	9 AM June 13 Park Trail OD Run	
Greg/Chad 6/15-6/17, Jessica, Leanne, John 3, Jon F 6/15-6/17	<b>Week #3</b>	June 15 Tempo	June 16 AM: 3 Mi. EZ OYO 6PM: 4-5 Mi. EZ + Weights/Core	June 17 Park Trail Group Tempo or MMiles	June 18 AM: 3 Mi. EZ OYO 6PM: 4-5 Mi. EZ + Weights/Core	9 AM June 20 Park Trail OD Run	
Greg, Chad, Leanne, Jessica, John 3	<b>Week #4</b>	June 22 EZ	June 23 AM: 3 Mi. EZ OYO 6PM: 4-5 Mi. EZ + Weights/Core	June 24 <b>7-8:30 PM MCHS Track</b> Group Tempo or MMiles	June 25 AM: 4 Mi. EZ OYO PM: 4-5 Mi. EZ + Weights/Core	8 AM June 27 Park Trail Pancake  Long Run	
Leanne, Chad, Jessica, Jon F	<b>Week #5</b>	June 29 Tempo (9AM)	June 30 EZ Run OYO	July 1 EZ Run OYO	July 2 EZ Run OYO	No Group run Saturday; see you July 4 Kenwood Footrace!  3K-10K Race	
Marion, Greg 7/7-7/11, Jessica only 7/11, Leanne, Chad,	<b>Week #6</b>	July 6 Tempo	July 7 AM: 4 Mi. EZ OYO PM: 4-5 Mi. EZ + Weights/Core	July 8 Park Trail MMiles	July 9 AM: 4 Mi. EZ OYO PM: 4-5 Mi. EZ + Weights/Core	9 AM July 11 Point Reyes OD Run	
Greg, Marion, Leanne 7/6-7/16, Chad, Jessica, John 3, Jon F	<b>Week #7</b>	July 13 Time Trial	July 14 AM: 4 Mi. EZ OYO PM: 5-6 Mi. EZ + Weights/Core	July 15 Park Trail MMiles	July 16 AM: 4 Mi. EZ OYO PM: 5-6 Mi. EZ + Weights/Core	8 AM July 18 Park Trail OD Run	
Greg, Marion, Jessica, John 3 7/20-7/21, Jon F	<b>Week #8</b>	July 20 Tempo	July 21 AM: 4 Mi. EZ OYO PM: 5-6 Mi. EZ + Weights/Core	July 22 <b>7-8:30 PM MCHS Track</b> Group Tempo	July 23 AM: 4 Mi. EZ OYO PM: 5-6 Mi. EZ + Weights/Core	8 AM July 25 Park Trail Pancake  Long Run	
Greg, Chad, Marion, Jessica 7/26-7/31, John 3, Jon F, Leanne TBD	<b>Week #9</b>		<b>Gone For Point Reyes Running Camp Olema Campground (Sun July 26 - Fri, Jul 31st)</b>				8 AM Aug 1 Park Trail OD Run
Greg, Chad Marion, Leanne, Jessica 8/5-8/8, John 3, Jon F	<b>Week #10</b>	Aug 3 EZ	Aug 4 AM: 4 Mi. EZ OYO PM: 5-6 Mi. EZ + Weights/Core	Aug 5 Park Trail Group Tempo	Aug 6 AM: 4 Mi. EZ OYO PM: 5-6 Mi. EZ + Weights/Core	8 AM Aug 8 Park Trail OD Run	

This program ends Sat, August 8<sup>th</sup>, since Mon, August 10<sup>th</sup> is the first "official" day of XC '25 Fall Season practice for all local High Schools. -First "official" 1<sup>st</sup> day of school (SRCSD) is Monday, August 17<sup>th</sup> for 2026/2027 academic year.

**WHAT TO EXPECT:** Casual pace/mixed pace runs vary between 45-90 min. runner ages vary between High School, Jr. High; always OK to bring friends or siblings! -Adults, come run/bike with us or bring the dogs for walk/hike in the park!

**DIRECTIONS TO RUN LOCATIONS (Plan drop-off/pick-up ~1 hr. 45 minutes duration):**

**CHANNEL DRIVE:** Going east on Montgomery Dr. take right on Channel Dr. follow ~3/4 mi to gravel parking lot on left

**HOWARTH PARK:** 630 Summerfield Rd, main upper-level parking lot; meet at trail head entrance next to Lake Ralphine

**PARK TRAIL RD:** Going south on Summerfield Rd, go ~1 mile past the Howarth Park entrance, Park Trail Road is on the left we meet at the Park Trail open space ~.5 mile down Park Trail Road on the left side, right across the street from this residence: 4836 Park Trail Drive, Santa Rosa, CA 95405

**HAVE QUESTIONS?** Call, text or e-mail **Greg Fogg** (707) 291-2967 or [greg.fogg@comcast.net](mailto:greg.fogg@comcast.net)

For more info check out this activity, Tahoe Running Camp or Maria Carrillo XC, visit the MCHS Cross Country Team website page at [www.mariacarrillorun.com](http://www.mariacarrillorun.com)