

# Summer Runs

**Saturdays @ 8:00 am**

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|----------------------------|--|
| <b>June 17th</b>           | <b>Lake Hodges Escondido</b>               |
| <b>June 24th</b>           | <b>Penasquitos Canyon East End</b>         |
| <b>July 1<sup>st</sup></b> | <b>Blue Sky Preserve(Valle Verde Park)</b> |
| <b>July 8th</b>            | <b>Mission Bay Runner's Bathroom</b>       |
| <b>July 15th</b>           | <b>Lake Hodges Escondido</b>               |
| <b>July 22nd</b>           | <b>Penasquitos Canyon East End</b>         |
| <b>July 29th</b>           | <b>Blue Sky Preserve(Valle Verde Park)</b> |
| <b>Aug 5<sup>th</sup></b>  | <b>Mission Bay Runner's Bathroom</b>       |
| <b>Aug 12th</b>            | <b>Lake Hodges Escondido</b>               |

## 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

### **Morley Field**

-exit I 5 at Pershing, go east to Upas, go left, park is on your left  
-exit I 8 at Texas, go south, it dead ends into Morley Field

### **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