



Albuquerque Downtown/Westside- Rio Rancho

Spring 2026 Schedule

Mondays – 5:45pm, Albuquerque High School. Yoga offered these days

Days where we will collect registration and have shirts are marked with *

Tues/Thurs – 5:45pm, both downtown and westside locations

Sat – 8am, various locations

Sports Med = Sports Medicine clinic

Goal Races – June 27th (adults) and USATF State Meet (youth)

DATE	LOCATION	TIME	YOGA	HIIT
Saturday, April 4	Los Poblanos Open Space	8:00 AM		
Monday, April 6	Albuquerque High Track	5:45 PM		
Tuesday, April 7	UNM North Golf Course	5:45 PM		
Tuesday, April 7	Alameda Open Space	5:45 PM		
Thursday, April 9	Netherwood Park	5:45 PM		X
Thursday, April 9	Loma Colorado Park	5:45 PM		
Saturday, April 11	Alameda Open Space	8:00 AM		
Sunday, April 12	Forever Young Run/Walk (6 mi or 3 mi)	9:00 AM		
Monday, April 13	Albuquerque High Track	5:45 PM		
Tuesday, April 14	UNM North Golf Course	5:45 PM		
Tuesday, April 14	Alameda Open Space	5:45 PM		
Thursday, April 16	UNM North Golf Course	5:45 PM		X
Thursday, April 16	Loma Colorado Park	5:45 PM		
Saturday, April 18	Isleta Pueblo – Big Mama Hill 5K Run/Walk	9:00 AM		
Sunday, April 19	Run to Break the Silence	8:00 AM		
Monday, April 20	Albuquerque High Track	5:45 PM		
Tuesday, April 21	UNM North Golf Course	5:45 PM		
Tuesday, April 21	Alameda Open Space	5:45 PM		
Thursday, April 23	UNM North Golf Course	5:45 PM		X
Thursday, April 23	Loma Colorado Park	5:45 PM		
Saturday, April 25	Bike In Coffee	8:00 AM		
Monday, April 27	Albuquerque High Track	5:45 PM		
Tuesday, April 28	UNM North Golf Course	5:45 PM		
Tuesday, April 28	Alameda Open Space	5:45 PM		
Thursday, April 30	Netherwood Park (Fun Day)	5:45 PM		
Thursday, April 30	A Park Above (Fun Day)	5:45 PM		

Saturday, May 2	USATF Zia Meet (Albuquerque High)			
Saturday, May 2	Shiprock Marathon	8:00 AM		
Sunday, May 3	Run for the Zoo	8:00 AM		
Monday, May 4	Albuquerque High Track	5:45 PM		
Tuesday, May 5	UNM North Golf Course	5:45 PM		
Tuesday, May 5	Alameda Open Space	5:45 PM		
Thursday, May 7	UNM North Golf Course	5:45 PM		X
Thursday, May 7	Loma Colorado Park	5:45 PM		
Saturday, May 9	USATF AAT Meet (Eldorado High)			
Monday, May 11	Albuquerque High Track	5:45 PM		
Tuesday, May 12	UNM North Golf Course	5:45 PM		
Tuesday, May 12	Alameda Open Space	5:45 PM		
Thursday, May 14	UNM North Golf Course	5:45 PM		X
Thursday, May 14	Loma Colorado Park	5:45 PM		
Saturday, May 16	Bluewater Canyon Trail Race (5 miles)	8:30 AM		
Saturday, May 16	Rinconada Canyon Trail	8:00 AM		
Monday, May 18	Albuquerque High Track (Sports Med)	5:45 PM		
Tuesday, May 19	UNM North Golf Course	5:45 PM		
Tuesday, May 19	Alameda Open Space	5:45 PM		
Thursday, May 21	UNM North Golf Course	5:45 PM		
Thursday, May 21	Loma Colorado Park	5:45 PM		
Saturday, May 23	USATF Zia Meet (Bernalillo High)			
Monday, May 25	Memorial Day (No RM)			
Tuesday, May 26	UNM North Golf Course	5:45 PM		
Tuesday, May 26	Alameda Open Space	5:45 PM		
Thursday, May 28	Albuquerque High Track (Fun Day)	5:45 PM		
Thursday, May 28	A Park Above (Fun Day)	5:45 PM		
Saturday, May 30	USATF AAT Meet (Eldorado High)			
Monday, June 1	Albuquerque High Track	5:45 PM		
Tuesday, June 2	UNM North Golf Course	5:45 PM		
Tuesday, June 2	Alameda Open Space	5:45 PM		
Thursday, June 4	Netherwood Park	5:45 PM		X
Thursday, June 4	Loma Colorado Park	5:45 PM		
Saturday, June 6	Volcanos			
Monday, June 8	Albuquerque High Track	5:45 PM		
Tuesday, June 9	UNM North Golf Course	5:45 PM		
Tuesday, June 9	Alameda Open Space	5:45 PM		
Thursday, June 11	Los Poblanos Open Space (Closing Ceremony)	5:45 PM		
June 13-14 th	USATF State Meet (Nusenda Stadium)			
Saturday, June 27	Jim Thorpe Run (SIPI)	8:00 AM		