



## 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 – both downtown (5:45 pm) and westside (6:00 pm) locations**

**Sat – 8am, various locations**

**Sports Med = Sports Medicine clinic**

**Goal Races – June 27<sup>th</sup> (adults) and USATF State Meet (youth)**

DATE	LOCATION	TIME	YOGA	HIIT
Saturday, May 23	USATF Zia Meet (Bernalillo High School)	7:30 AM		
Monday, May 25	Memorial Day (No RM)	-----		
Tuesday, May 26	UNM North Golf Course	5:45 PM		
Tuesday, May 26	Alameda Open Space	6:00 PM		
Thursday, May 28	Netherwood Park (Fun Day)	5:45 PM		
Thursday, May 28	A Park Above (Fun Day)	6:00 PM		
Saturday, May 30	USATF AAT Meet (Eldorado High School)	7:30 PM		
Monday, June 1	Albuquerque High Track (Picture Day)	5:45 PM		
Tuesday, June 2	UNM North Golf Course	5:45 PM		
Tuesday, June 2	Alameda Open Space	6:00 PM		
Thursday, June 4	Netherwood Park	5:45 PM		X
Thursday, June 4	Loma Colorado Park	6:00 PM		
Saturday, June 6	Volcanos	8:00 AM		
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)	6:00 PM		
June 13 & 14	USATF State Meet (ABQ Academy High School)	7:30 PM		
Monday, June 15	Albuquerque High – Track Workout	5:45 PM		
Monday, June 22	Albuquerque High – Track Workout	5:45 PM		
Saturday, June 27	Jim Thorpe Run (SIPI)	7:00 AM		

