

# 2010 Empire Runners Club Race Schedule

Subject to change. Check [www.empirerunners.org](http://www.empirerunners.org) for race details and the latest updates.

Race Name	Race Date	Day of Week	Time	Distance	Race Director
Resolution Run	1/1/10	Friday	10 am	5K	Val Sell
Annadel Half-Marathon	2/7/10	Sunday	8 am	13.1 miles	Marc Strozyk
Valley Ford Relay	2/21/10	Sunday	9am	4 x 2.7 miles	Doug Courtemarche
Ilsanjo Classic	3/14/10	Sunday	9 am	4 & 10 miles	Mark James
Loop de Loop	4/11/10	Sunday	8 am	14 miles	Doc n Mojo
Jackrabbit Derby	5/2/10	Sunday	8 am	3 miles	Dale Peterson
Summer Track Series Meet #1	6/15/10	Tuesday	6:30 pm	100 meters to 5K	John Harmon
Riverfront Relay	6/19/10	Saturday	8 am	2 x 5K	Doc n Mojo
Summer Track Series Meet #2	6/29/10	Tuesday	6:30 pm	100 meters to 5K	John Harmon
Kenwood Footrace	7/4/10	Sunday	7:30 am	10K & 3K	Val Sell
Summer Track Series Meet #3	7/13/10	Tuesday	6:30 pm	100 meters to 5K	John Harmon
Summer Track Series Meet #4	7/27/10	Tuesday	6:30 pm	100 meters to 5K	John Harmon
Salmon Creek Beach Runs	8/1/10	Sunday	10 am	5 miles & 2 miles	E. J. Bohn
Summer Track Series Meet #5	8/10/10	Tuesday	6:30 pm	100 meters to 5K	John Harmon
Phil Widener Empire Open/ PA XC	8/28/10	Saturday	9 am	3.43 miles	Jerry Lyman
Annadel Loop	9/5/10	Sunday	8 am	7 miles	Bob Merritt
McGuire's Breakfast Run	11/28/10	Sunday	8 am	3K & 10K	Mike McGuire
The Last 10K & Final 2-Mile	12/18/10	Saturday	9 am	10K & 2 miles	John Anderson

*updated 12/19/09*