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Empire Runners Club Race Schedule

Events are subject to change of venue, date, or time. Please check the club website listings for the latest information: www.empirerunners.org/races. All events, except the Kenwood Footrace, are free to Empire Runners Club members who preregister online. Online registration generally is enabled 2 to 3 months before each event.

Year	Race	Race Date	Day of Week	Time	Distance	Venue
32nd	Resolution Run	1/1/14	Wednesday	10 am	5K	Montgomery High School
24th	Valley Ford Relay	2/16/14	Sunday	9am	4 x 2.7 miles	Valley Ford
42nd	Ilsanjo Classic (& Neo-Classic)	3/9/14	Sunday	9 am	10 & 4 miles	Howarth Park
22nd	Loop de Loop & Relay	3/30/14	Sunday	8 am	14 miles (or 2 x 7)	Annadel State Park
23rd	Jackrabbit Derby	5/18/14	Sunday	8 am	3 miles	Spring Lake Park
29th	Summer Track Series #1	6/10/14	Tuesday	6:30 pm	100 meters to 3K	Montgomery High School
7th	Riverfront Relay	6/14/14	Saturday	8 am	2 x 5K	Riverfront Park
29th	Summer Track Series #2	6/24/14	Tuesday	6:30 pm	100 meters to 2-mile	Montgomery High School
43rd	Kenwood Footrace	7/4/14	Friday	7:30 am	10K & 3K	Kenwood
29th	Summer Track Series #3	7/8/14	Tuesday	6:30 pm	100 meters to 5K	Montgomery High School
29th	Summer Track Series #4	7/22/14	Tuesday	6:30 pm	100 meters to 3K	Montgomery High School
38th	Salmon Creek Beach Runs	8/3/14	Sunday	10 am	5 miles & 2 miles	Salmon Creek State Beach
29th	Summer Track Series #5	8/5/14	Tuesday	6:30 pm	100 meters to Distance Medley Relay	Montgomery High School
30th	Annadel Loop	9/7/14	Sunday	8 am	7 miles	Annadel State Park
22nd	Phil Widener Empire Open XC	11/1/14	Saturday	9 am	3.36 miles	Spring Lake Park
34th	McGuire's Breakfast Run	11/30/14	Sunday	8 am	3K & 10K	Hidden Valley School
37th	The Last 10K & Final 2-Mile	12/13/14	Saturday	9 am	10K & 2 miles	Howarth Park