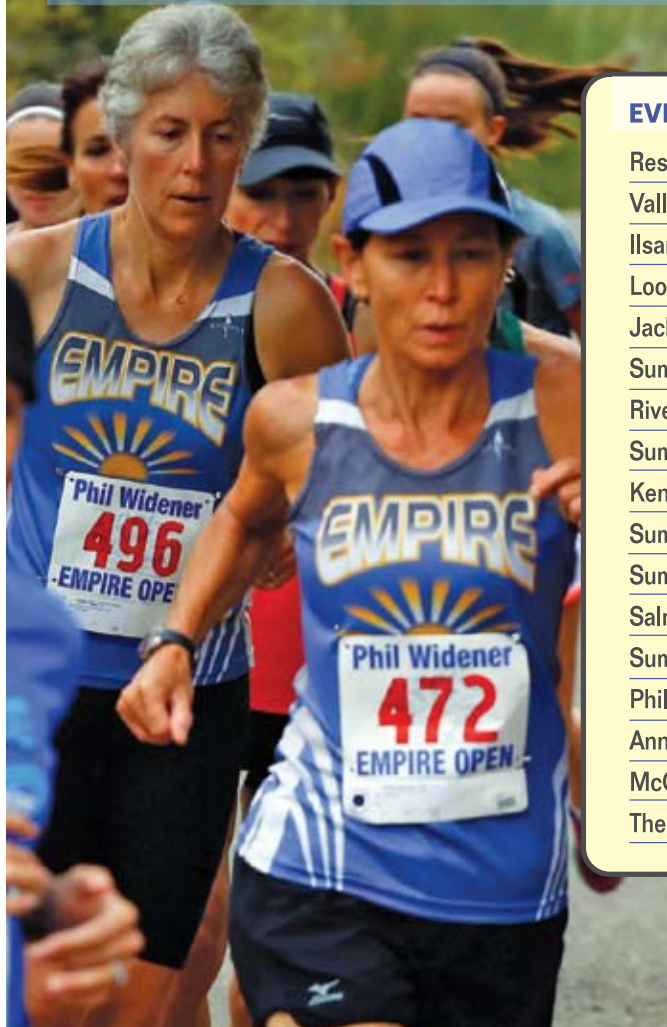


Empire Runners Club • 2017 Race Schedule



EVENT	DATE	DAY	TIME	DISTANCE	LOCATION
Resolution Run	1-1	Sun	10 am	5k	A Place to Play Park
Valley Ford Relay	2-19	Sun	9 am	4 x 2.7 miles	Valley Ford
Ilsanjo Classic & Neo-Classic	3-12	Sun	9 am	10 and 4 miles	Howarth Park
Loop de Loop & Do-Si-Do Relay	4-2	Sun	7:45 am	14 miles	Annadel State Park
Jackrabbit Derby	5-7	Sun	8 am	3 miles	Spring Lake Park
Summer Track 1	6-13	Tues	6 pm		Montgomery High
Riverfront Relay	6-17	Sat	8 am	2 x 5k	Riverfront Park
Summer Track 2	6-27	Tues	6 pm		Montgomery High
Kenwood Footrace	7-4	Tues	7:30 am	3k and 10k	Kenwood
Summer Track 3	7-11	Tues	6 pm		Montgomery High
Summer Track 4	7-25	Tues	6 pm		Montgomery High
Salmon Creek Beach Runs	8-6	Sun	10 am	2 and 5 miles	Salmon Creek Beach
Summer Track 5	8-8	Tues	6 pm		Montgomery High
Phil Widener Empire Open	8-26	Sat	9 am	3.4 miles	Spring Lake Park
Annadel Loop	9-3	Sun	8 am	7 miles	Annadel State Park
McGuire's Breakfast Run	11-26	Sun	8 am	3k and 10k	Hidden Valley School
The Last 10k & Final 2-Mile	12-16	Sat	9 am	10k and 2 mile	Howarth Park

Schedule is subject to change. For information, updates, or to register for an event, go to www.empirerunners.org. All events except McGuire's Breakfast Run are open to the public. All events except the Kenwood Footrace are free for Empire Runners Club members who pre-register for each event online.