

Empire Runners Club 2018 Race Schedule--proposed

Year	Race	Distance	Race Date	Day	Start Time	End Time	Venue	Est. Runners	Director(s)	Contact
36 th	Resolution Run	5K	1/1/18	Monday	10 am		A Place to Play Park	340	Brad Zanetti	bradubz@sonic.net
28 th	Valley Ford Relay	4 x 2.7 miles	2/18/18	Sunday	9am		Valley Ford	200	Doug Courtemarche	zeemie@aol.com
46 th	Ilsanjo Classic Neo-classic Newt Scoot	10M 4M 1K (kids)	3/11/18	Sunday	9 am	11:30 am	Howarth/Spring Lake, Annadel Parks	250	Eric Walker Eric Downing Karen Frindell-Teuscher	ericmwalker@comcast.net runsannadel@yahoo.com whatiskfrindell@gmail.com
27 th	Jackrabbit Derby	3 miles	5/6/18	Sunday	8 am		Spring Lake Park	100	Dale Peterson	sledge26.2gmail.com
33 rd	Summer Track Series Meet #1	100 meters to 3K	6/12/18	Tuesday	6:00 pm		Santa Rosa H.S.	150	Paul Berg Brad Zanetti	bergpaul2@gmail.com bradubz@sonic.net
11 th	Riverfront Relay	2 x 5K	6/16/18	Saturday	8 am		Riverfront Park	100	Luis Rosales	lrosales@sonic.net
33 rd	Summer Track Series Meet #2	100 meters to 2 miles	6/26/18	Tuesday	6:00 pm		Santa Rosa H.S.	150	Paul Berg Brad Zanetti	bergpaul2@gmail.com bradubz@sonic.net
47 th	Kenwood Footrace	3K & 10K	7/4/18	Tuesday	7:30 am		Kenwood	1300	Val Sell	run4zhills@sbcglobal.net
33 rd	Summer Track Series Meet #3	100 meters to 5K	7/10/18	Tuesday	6:00 pm		Santa Rosa H.S.	150	Paul Berg Brad Zanetti	bergpaul2@gmail.com bradubz@sonic.net
33 rd	Summer Track Series Meet #4	100 meters to 3K	7/24/18	Tuesday	6:00 pm		Santa Rosa H.S.	150	Paul Berg Brad Zanetti	bergpaul2@gmail.com bradubz@sonic.net
42 nd	Salmon Creek Beach Runs	2 miles & 5 miles	8/5/18	Sunday	10 am		Salmon Creek State Beach	60	Eric Bohn Bill Cusworth Heidi Cusworth	ejrun@sbcglobal.net billcusworth@gmail.com hcusworth@gmail.com
33 rd	Summer Track Series Meet #5	100 meters to Distance Medley Relay	8/7/18	Tuesday	6:00 pm		Santa Rosa H.S.	150	Paul Berg Brad Zanetti	bergpaul2@gmail.com bradubz@sonic.net
26 th	Phil Widener Empire Open XC	3.36 miles	8/25/18	Saturday	9 am		Spring Lake Park	290	Bill Rogers	lgbrogers@msn.com
34 th	Annadel Loop	7 miles	9/2/18	Sunday	8 am	10:30 am	Annadel State Park	90	Bob Merritt	merrittrm@msm.com
26 th	Loop de Loop	14 miles	11/4/18	Sunday	7:45 am	11:30 am	Annadel State Park	60	Al Tagliaferri Jerry Lyman	alcartag@sbcglobal.net jerry.lyman@gmail.com
38 th	McGuire's Breakfast Run	3K & 10K	11/25/18	Sunday	8 am		Hidden Valley School	50	Mike McGuire	mmcguire@pacbell.net
41 st	The Last 10K & Final 2-Mile	10K 2 miles	12/15/18	Saturday	9 am		Howarth/Spring Lake/Annadel Parks	330	John Anderson	jcoacha@hotmail.com