

## Empire Runners Club 2019 Race Schedule – v. 6/10/19

Year	Race	Distance	Race Date	Day	Start Time	End Time	Venue	Est. Runners	Director(s)	Contact
40th	Phaby-Gray Resolution Run	5K	1/1/19	Tuesday	10 am		A Place to Play Park	340	Brad Zanetti	<a href="mailto:bradubz@sonic.net">bradubz@sonic.net</a> , 707 322-0153
29th	Valley Ford Relay <b>CANCELLED</b>	4 x 2.7 miles	2/17/19	Sunday	9 am		Valley Ford	200	Doug Courtemarche	<a href="mailto:zeemie@aol.com">zeemie@aol.com</a> , 707 528-0627
47th	Ilsanjo Classic Neo-Classic <b>CANCELLED</b>	1K 10M 4M	3/3/19	Sunday	8:45 am 9 am 9:10am	11:30 am	Howarth Park	250	Eric Walker Eric Downing Karen Frindell-Teuscher	<a href="mailto:ericmwalker@comcast.net">ericmwalker@comcast.net</a> , 707 494-8732 <a href="mailto:rumsannadel@yahoo.com">rumsannadel@yahoo.com</a> , 707 239-3842 <a href="mailto:whatisfrindell@gmail.com">whatisfrindell@gmail.com</a> , 707 293-3347
28th	Bunny Hop (kids 10&under) Jackrabbit Derby	1K 3 miles	5/12/19	Sunday	8 am 8:15 am		Spring Lake Park	100	Dale Peterson	<a href="mailto:sledge26.2@gmail.com">sledge26.2@gmail.com</a> , 707 569-9859
34th	Bob Shor Summer Track Series, Meet 1	100 meters to 3K	6/11/19	Tuesday	5:45 pm		Piner High School	150	Paul Berg Brad Zanetti	<a href="mailto:bergpaul2@gmail.com">bergpaul2@gmail.com</a> , 707 953-5575 <a href="mailto:bradubz@sonic.net">bradubz@sonic.net</a> , 707 322-0153
12th	Riverfront Relay <b>DATE CHANGE</b>	2 x 5K	6/16/19	Sunday	8 am		Riverfront Park	100	Luis Rosales	<a href="mailto:lrosales@sonic.net">lrosales@sonic.net</a> , 707 823-0956
34th	Bob Shor Summer Track Series, Meet 2	100 meters to 2 miles	6/25/19	Tuesday	5:45 pm		Piner High School	150	Paul Berg Brad Zanetti	<a href="mailto:bergpaul2@gmail.com">bergpaul2@gmail.com</a> , 707 953-5575 <a href="mailto:bradubz@sonic.net">bradubz@sonic.net</a> , 707 322-0153
48th	Kenwood Footrace	3K & 10K & Tot Trot	7/4/19	Thursday	7:30 am		Kenwood	1300	Val Sell	<a href="mailto:run4zhills@sbcglobal.net">run4zhills@sbcglobal.net</a> , 707 481-5149
34th	Bob Shor Summer Track Series, Meet 3	100 meters to 5K	7/9/19	Tuesday	5:45 pm		Piner High School	150	Paul Berg Brad Zanetti	<a href="mailto:bergpaul2@gmail.com">bergpaul2@gmail.com</a> , 707 953-5575 <a href="mailto:bradubz@sonic.net">bradubz@sonic.net</a> , 707 322-0153
34th	Bob Shor Summer Track Series, Meet 4	100 meters to 3K	7/23/19	Tuesday	5:45 pm		Piner High School	150	Paul Berg Brad Zanetti	<a href="mailto:bergpaul2@gmail.com">bergpaul2@gmail.com</a> , 707 953-5575 <a href="mailto:bradubz@sonic.net">bradubz@sonic.net</a> , 707 322-0153
43rd	Salmon Creek Beach Runs	2 miles & 5 miles	8/4/19	Sunday	10 am		Salmon Creek State Beach	60	Eric Bohn	<a href="mailto:ejrun@sbcglobal.net">ejrun@sbcglobal.net</a> , 707 537-0513
34th	Bob Shor Summer Track Series, Meet 5	100 meters to Distance Medley Relay	8/6/19	Tuesday	5:45 pm		Piner High School	150	Paul Berg Brad Zanetti	<a href="mailto:bergpaul2@gmail.com">bergpaul2@gmail.com</a> , 707 953-5575 <a href="mailto:bradubz@sonic.net">bradubz@sonic.net</a> , 707 322-0153
27th	Phil Widener Empire [JL1] Open XC	3.4 miles	8/24/19	Saturday	9 am		Spring Lake Park	290	Bill & Lianne Rogers	<a href="mailto:lbrogers@msn.com">lbrogers@msn.com</a> , 707 481-1924
35th	Annadel Loop	7 miles	9/1/19	Sunday	8 am	10:30 am	Annadel State Park	90	TBD	TBD
27th	Loop de Loop	14 miles	11/3/19	Sunday	7:45 am	11:30 am	Annadel State Park	60	Al Tagliaferri Jerry Lyman	<a href="mailto:alcartag@sbcglobal.net">alcartag@sbcglobal.net</a> , 707 793-2067 <a href="mailto:jerry.lyman@gmail.com">jerry.lyman@gmail.com</a> , 707 360-5925
41st	McGuire's Breakfast Run	3K & 10K	12/1/19	Sunday	8 am		Hidden Valley School	50	Eric Bohn	<a href="mailto:ejrun@sbcglobal.net">ejrun@sbcglobal.net</a> , 707 537-0153
41st	The Last 10K & Final 2 Mile	10K 2 miles	12/14/19	Saturday	9 am	10:45 am	Howarth Park	330	Andrea Guzman	<a href="mailto:andreaterunner@gmail.com">andreaterunner@gmail.com</a> , 707 226-5813