

Empire Runners Club • 2019 Race Schedule



EVENT	DATE	DAY	TIME	DISTANCE	LOCATION
Resolution Run	1-1	Tues	10 am	5k	A Place to Play Park
Valley Ford Relay	2-17	Sun	9 am	4 x 2.7 miles	Valley Ford
Ilsanjo Classic & Neo-Classic	3-3	Sun	8:45 am	10 and 4 miles	Howarth Park
Jackrabbit Derby	5-12	Sun	8 am	3 miles	Spring Lake Park
Bob Shor Summer Track 1	6-11	Tues	5:45 pm	100m to 3k	Piner High
Riverfront Relay	6-15	Sat	8 am	2 x 5k	Riverfront Park
Bob Shor Summer Track 2	6-25	Tues	5:45 pm	100m to 2 miles	Piner High
Kenwood Footrace	7-4	Thurs	7:30 am	3k and 10k	Kenwood
Bob Shor Summer Track 3	7-9	Tues	5:45 pm	100m to 5k	Piner High
Bob Shor Summer Track 4	7-23	Tues	5:45 pm	100m to 3k	Piner High
Salmon Creek Beach Runs	8-4	Sun	10 am	2 and 5 miles	Salmon Creek Beach
Bob Shor Summer Track 5	8-6	Tues	5:45 pm	100m to DM Relay	Piner High
Phil Widener Empire Open	8-24	Sat	9 am	3.4 miles	Spring Lake Park
Annadel Loop	9-1	Sun	8 am	7 miles	Annadel State Park
Loop de Loop	11-3	Sun	7:45 am	14 miles	Annadel State Park
McGuire's Breakfast Run	12-1	Sun	8 am	3k and 10k	Hidden Valley School
The Last 10k & Final 2-Mile	12-14	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.