

Empire Runners Club 2020 Race Schedule

Year	Race	Distance	Race Date	Day	Start Time	End Time	Venue	Est. Runners	Director(s)
41 st	Phaby-Gray Resolution Run	5K	Jan 1	Wed.	10 am		A Place to Play Park	340	Brad Zanetti
30 th	Valley Ford Relay	4 x 2.7 miles	Feb 16	Sunday	9 am	11:30 am	Valley Ford	200	Doug Courtemarche
48 th	Newt Scoot 1K Ilsanjo Classic Neo-Classic	1K 10M 4M	March 1	Sunday	8:45 am 9 am 9:10am	11:30 am	Howarth Park, Spring Lake Park, Annadel State Park	250	Eric Walker Eric Downing Karen Frindell-Teuscher
29 th	(Bunny Hop 1K) Jackrabbit Derby	1K 3 miles	May 3	Sunday	(8 am) 8:15 am		Spring Lake Park	100	Dale Peterson
35 th	Bob Shor Summer Track Series, Meet 1	100 meters to 3K	June 9	Tuesday	5:45 pm		Montgomery High School	150	Paul Berg Brad Zanetti
13 th	Riverfront Relay	2 x 5K	June 20	Saturday	8 am		Riverfront Park	100	Luis Rosales
35 th	Bob Shor Summer Track Series, Meet 2	100 meters to 2 miles	June 23	Tuesday	5:45 pm		Montgomery High School	150	Paul Berg Brad Zanetti
49 th	Kenwood Footrace	3K & 10K & Tot Trot	July 4	Saturday	7:30 am		Kenwood	1300	Val Sell
35 th	Bob Shor Summer Track Series, Meet 3	100 meters to 5K	July 7	Tuesday	5:45 pm		Montgomery High School	150	Paul Berg Brad Zanetti
35 th	Bob Shor Summer Track Series, Meet 4	100 meters to 3K	July 21	Tuesday	5:45 pm		Montgomery High School	150	Paul Berg Brad Zanetti
44 th	Salmon Creek Beach Runs	2 miles & 5 miles	Aug 2	Sunday	10 am		Salmon Creek State Beach	60	Eric Bohn
35 th	Bob Shor Summer Track Series, Meet 5	100 meters to Distance Medley Relay	Aug 4	Tuesday	5:45 pm		Montgomery High School	150	Paul Berg Brad Zanetti
28 th	Phil Widener Empire Open, XC	3.4 miles	Aug 29	Saturday	9 am		Spring Lake Park	290	Bill & Lianne Rogers
36 th	Annadel Loop	7 miles	Sept 6	Sunday	8 am	10:30 am	Annadel State Park	90	Nuvit Salz Margie Al-Ghanim
28 th	Loop de Loop	14 miles	Nov 1	Sunday	7:45 am	11:30 am	Annadel State Park	60	Al Tagliaferri Jerry Lyman
42 nd	McGuire's Breakfast Run	3K & 10K	Nov 29	Sunday	8 am		Hidden Valley School	50	Eric Bohn
42 nd	The Last 10K & Final 2 Mile	10K 2 miles	Dec 19	Saturday	9 am	10:45 am	Howarth Park, Spring Lake Park, Annadel State Park	330	Andrea Guzman