

- JUNE 2 - 6:30 - 1 mile fun run  
6:45 - SD #1 - 1600 meters  
7:00 – Kids Mini Run  
7:05 - Handicapped Fartlek Run – Each runner runs for 6 minutes and marks the spot where he/she finished. After resting for 1:30, each runner picks up where he/she left off and repeats the process until finishing the prescribed distance. The distance assigned to each runner is based upon his/her time in the mile.  
**Race Director – Tim O’Keefe**
- JUNE 9 - 6:30 - 1 mile fun run  
6:45 - SD #2 - 600 meters  
7:00 – Kids Mini Run  
7:05 - 4 person relay - each person does 1600 m, 1200 m, 800 m, 400 m  
**Race Director – Malcolm Senior**
- JUNE 16 - 6:30 - 1 mile fun run  
6:45 - SD #3 – 3000 meters  
7:00 – Kids Mini Run  
7:05 - Reverse Relay - 3 person teams - each runner does 3 X 800 - all runners go clockwise around the track!  
**Race Director – Dan Poppert**
- JUNE 23 - 6:30 - 1 mile fun run  
6:45 - SD #4 - 200 meters  
7:00 – Kids Mini Run  
7:05 - Too Many Tens – Two person relay. Runners are assigned lanes and number of laps based on their finishing time at the mile, with faster runners running more laps.  
**Race Director –**
- JUNE 30 - 6:30 - 1 mile fun run  
6:45 - SD #5 - 1500 meters  
7:00 – Kids Mini Run  
7:05 - Firecracker 5 km - Predicted time 5,000 m track run  
**Race Director – Paul Spurrier**
- JULY 7 - 6:30 - 1 mile fun run  
6:45 - SD #6 – 800m meters  
7:00 – Kids Mini Run  
7:05 - Gutbuster - 4 runners each do 10 X 400 m  
**Race Director – Paul Christiansen**
- JULY 14 - 6:30 - 1 mile fun run  
6:45 - SD #7 – 2 Miles (also a Grand Prix Race)  
7:00 – Kids Mini Run  
7:05 - Poker Run - 4 runners - one runner does 1600 m, one does 1200 m, one does 800 m, and one does 400 m - each runner receives a playing card after their leg. Each team gets a fifth card. Winning poker hand wins the race.  
**Race Director – Chad Connors**
- JULY 21 - 6:30 - 1 mile fun run  
6:45 - SD #8 - 400 meters  
7:00 – Kids Mini Run  
7:05 - Too Many Two's - 3 person team - each runner does 6 X 200  
**Race Director – Joe Basford**
- JULY 28 - 6:30 - 1 mile fun run  
6:45 - SD #9 - 1000 meters  
7:00 – Kids Mini Run  
7:05 - Runner's Choice - 4 runners - the team must run 4 miles (16 laps) - each runner must do at least two relay legs. The team chooses the distances each runner does as well as how many times a runner runs.  
**Race Director – John Stuart**
- AUGUST 4 - 6:30 - 1 mile fun run  
6:45 - SD #10 - 1 mile run  
7:00 – Kids Mini Run  
7:05 - Mystery run - 4 runners - each team gets an envelope with index cards of varying distances - the team chooses the order for the runners to go - runners choose a card and must run that number of laps. Max laps will be 4.  
**Race Director – Tim O’Keefe**