

2008 FSRC Summer Decathlon Schedule

JUNE 4 - 6:30 - 1 mile fun run

6:45 - SD #1 - 1600 meters

7:00 - Handicapped Fartlek Run - A whistle blows and runners will run for 6 minutes and then rest for 1:30. They repeat this 2 more times. Slower runners get the inside lanes, faster runners the outside lanes.

JUNE 11 - 6:30 - 1 mile fun run

6:45 - SD #2 - 800 meters

7:00 - 4 person relay - each person does 1600 m, 1200 m, 800 m, 400 m

JUNE 18 - 6:30 - 1 mile fun run

6:45 - SD #3 - 2 miles

7:00 - Reverse Relay - 3 person teams - each runner does 3 X 800 - all runners go clockwise around the track!

JUNE 25 - 6:30 - 1 mile fun run

6:45 - SD #4 - 600 meters

7:00 - Too Many Tens - 2 X 10 minute runs with 3 minute rest in between each. Runners assigned a distance to cover based on their mile time (chart will be at race)

JULY 2 - 6:30 - 1 mile fun run

6:45 - SD #5 - 200 meters

7:00 - Firecracker 5 km - Predicted time 5,000 m track run

JULY 9 - 6:30 - 1 mile fun run

6:45 - SD #6 - 1000 meters

7:00 - Gutbuster - 4 runners each do 10 X 400 m

JULY 16 - 6:30 - 1 mile fun run

6:45 - SD #7 - 1500 meters

7:00 - 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.

JULY 23 - 6:30 - 1 mile fun run

6:45 - SD #8 - 3000 meters

7:00 - Too Many Two's - 3 person team - each runner does 6 X 200

JULY 30 - 6:30 - 1 mile fun run

6:45 - SD #9 - 400 meters

7:00 - 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.

AUGUST 6 - 6:30 - 1 mile fun run

6:45 - SD #10 - 1 mile run

7:00 - 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.