

Fort Worth Runners Club
Area Race Calendar

Races outside DFW area in **DARK RED**.

July 3 – Thursday

NOTE: NO TRINITY 500 SUMMER SERIES RACE ON THIS THURSDAY!

July 4 – Friday

ANYTIME FITNESS' RUN FOR THE HILLS 1mile/5K 9AM 1315 Waters Edge Dr. Granbury, TX 76048
817-579-6450 Benefiting: Happy Hills Farm

TROPHY CLUB 4TH IF JULY 5K RUN/WALK 7:00AM Lake Cities Church, located at 280 Indian Creek Drive, Trophy Club. http://www.trophyclub.org/july_4th/5k.asp

2008 LIBERTY 5K & 1MILE FUN RUN 7:45AM Stewart Creek Park, 3700 Sparks Rd, The Colony.
www.LibertyByTheLake.com or (972)625-1106. Register online at
http://www.active.com/page/Event_Details.htm?event_id=1588077&assetId=1553dd47-3a2c-4871-b4d9-b3f6f2542373 [NOTE: FWRC Members Receive a \$4 discount. Send e-mail to info@fwrnners.org
for online discount code]

DENTON PARKS & REC LIBERTY 5K / 1 MILE 7:30AM North Lakes Rec Ctr, 2001 W. Windsor,
Denton. \$15/\$20 by 6/28 (\$12 for 3+). (940)349-7275 / www.cityofdenton.com/pages/parks.cfm. Benefits:
Denton Parks & Recreation scholarships.

FLAGPOLE 8K / TADPOLE 2K 7:30AM South of Flagpole Hill, NW Highway & /East Lawther, S side of
NW Hwy, Dallas, \$22/\$25/\$30 by 6/25. (214)821-0909 / www.active.com

RYAN RUN 5K 7:30AM Daggett Elementary School, 958 Page St. (near Elizabeth Blvd.), Fort Worth
\$20/\$25 (\$15/\$17 for 0-12; \$15 for grp of 4+) by 6/28. Jim Newsom (817)731-1760 / coachjim@swbell.net
/ www.fwrunco.com. Benefits: Ryan Place Improvement Association.

"RUN FOR THE HILLS" 5K / 1 MILE Fun Run/Walk 9:00AM Anytime Fitness Dr, 1321 Waters Edge
Dr, #1001, Granbury. \$20/\$25 by 7/01. (817)579-6450. Benefits the Happy Hill Farm Scholarship
Program.

FIREWORKS 5K 8:00AM Stonebridge Ranch Beach Club, McKinney. (214)726-9886 /
michhudd@flash.net.

July 5 – Saturday

DRC INDEPENDENCE DAY 5K 8:00AM Sunset Bay, White Rock Lake, Dallas, \$0/\$10 mem/nonmem.
(214)432-6619. <http://www.dallasrunningclub.com/>

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July 8 – Tuesday

PLANO PACERS PREDICTION RACE 5K 7:00PM Schimelpfenig Library, 5024 Custer, Plano, NO ENTRY FEE. (972)967-PACE (7223) / www.planopacers.org.

July 10 – Thursday

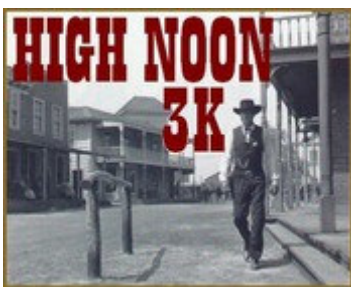
TRINITY 500 SUMMER SERIES 5K 7:30PM (Registration @ 6:15, Kiddy 1K @ 7:15). Trinity Trail @ N Henderson St. Bridge (White Settlement & Henderson), just west of Downtown Fort Worth. Park across from Trail levy (Woodard St / Congress St / Franklin St). Series continues every Thursday evening, from June 5 through August 28.

July 12 – Saturday

HECK IX – RACE AGAINST MISOGYNY & SEXISM (RAMS II) 5K 7:45AM River Legacy Parks, Arlington. \$8/\$10 by 7/09 + + toiletries and personal health care items for SafeHaven of Tarrant County. No T-shirts, but a small, scholarly memento. Mile markers! 3-deep performance awards, 5-yr age groups incl. 6 & Under AND 80 & Over, PLUS “souls & soles” awards The awards ...simple... special... Complete results on the Web. (817)265-4578/ jephaa@yahoo.com / www.active.com/event_detail.cfm?event_id=1598035.

Net proceeds to benefit SafeHaven of Tarrant County – “with a mission to end family violence through safety, support, prevention and social change”; AND Girls, Inc., Arlington – “inspiring all girls to be strong, smart and bold” Offers unvarnished racing fun & competition. Highlights a state of pervasive misogyny and sexism. Provides some funds to two of the organizations which address the consequences of this attitude and which strive to empower women and girls. Another beautiful, relatively flat & fast, mostly tree-shaded & accurate trail course in Arlington.

July 13 – Sunday



FWRC HIGH NOON 3K

12:00 NOON

Trinity Trail at River Park, Fort Worth

River Park (Bryant Irving and the Trinity River)

(817) 654-5390

www.fwrunners.org.

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EVAN-MAN RUN 5K / 1 MILE 7:00AM Kids Kastle, Highland Village. \$20/\$25 by 7/7. (940)241-2380 / <https://secure.getmeregistered.com>. Benefits treatment of Evan Verfurth, a 3-year old suffering with medical complications from bacterial meningitis. .

July 17 – Thursday

TRINITY 500 SUMMER SERIES 5K 7:30PM (Registration @ 6:15, Kiddy 1K @ 7:15). Trinity Trail @ N Henderson St. Bridge (White Settlement & Henderson), just west of Downtown Fort Worth. Park across from Trail levy (Woodard St / Congress St / Franklin St). Series continues every Thursday evening, from June 5 through August 28.

July 19 – Saturday

ST. MARK'S SOLES FOR SOULS 5K 7:30 AM St. Mark's Episcopal Church, 2024 S. Collins St, Arlington, TX 76010. 817-265-4578 / <http://www.stmarksepiscopal.org> Benefits St. Mark's and its mission.

TOO HOT TO HANDLE 15K / 5K 7:30AM Winfrey Point, White Rock Lake, Dallas, \$25/\$30/\$40 by 7/9. (214)821-0909 / www.runontexas.com / www.getmeregistered.com. Benefits PAL – Protective Animal League.

July 20 – Sunday

BLAZING SADDLES 5K (& Duathlon) 7:30AM Bath House, White Rock Lake, Dallas. \$22/\$25/\$30 by 7/12. (214)821-0909 / www.thrustonracing.com / www.active.com.

EL SCORCHO 50K / 25K 12:00AM Trinity Park, Fort Worth. \$65/\$75/\$85 for the 50K (\$45/\$55/\$65 for the 25K). (817)731-1760 / www.elscorchorun.com. Benefits Leukemia & Lymphoma Society.

July 21 – Monday

2ND ANNUAL RED, WHITE & BLUE SUMMER TRILOGY 7:15PM Kiddy 1K & 7:30PM 5K Heritage Park, base of Taylor St, downtown Fort Worth. **ChampionChip** Timed & **USATF Certified**. \$12 per 5K race or \$30 for all 3 5K races when paid at one time! www.runtimeracingservices.com or walk-up registration each race starting at 6:00PM.

July 24 – Thursday

TRINITY 500 SUMMER SERIES 5K 7:30PM (Registration @ 6:15, Kiddy 1K @ 7:15). Trinity Trail @ N Henderson St. Bridge (White Settlement & Henderson), just west of Downtown Fort Worth. Park across

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from Trail levy (Woodard St / Congress St / Franklin St). Series continues every Thursday evening, from June 5 through August 28.

DESERET MORNING NEWS MARATHON/ 10K 5:30PM Salt Lake City, UT. (801)333-7473/
<http://desnews.com/run>

July 26 – Saturday

SUMMER SIZZLER 5K 7:45 AM River Legacy Parks, 701 NW Green Oaks Blvd, Arlington, TX 76006. 817-265-4578 / http://www.active.com/event_detail.cfm?event_id=1587988 Benefits: Arlington Life Shelter.

COWBOY CAPITAL 5K STAMPEDE / 1 MILE 8:30AM Stephenville City Park, Stephenville, \$15/\$20 (\$5/\$8/\$10 for 12 & under) by 7/16. (254)965-2623 / (254)965-7808 x113 / cbeatty@pvmhmr.org. Benefits Texas Lions Camp for medically handicapped children.

PLANO PACERS ICE CREAM & PEACHES 5K / 1K 8:00AM Harrington Park, 16th & 75 (behind Spaghetti warehouse), Plano, \$0/\$5 mem/nonmem. (972)967-PACE (7223) / www.planopacers.org. USATF-cert course.

TEXAS MASTERS CHAMPIONSHIPS, Coppell High School, Dallas. 0900AM Field Events; 1800 Track events. \$20/\$25 by 7/22 for 1st event, \$5 per add'l event. (817)274-0448 / www.dallasmasters.com.

NTTR NIGHT RUN 18 MILE 8:00PM Location TBD. (NTTR members & their guests only.) A Spethmann (214)405-8600 / rockgirl@antje.us / www.nttr.org. Awards will be based on predicted time run.

QUAD-CITY TIMES BIX 7 MILE 8:00AM Davenport, IA, (563)383-2489 / 383-5353 / www.bix7.com. Limited to 15,000 runners, some of them world-class. Rock bands along the course! **CASH AWARDS \$\$\$**

July 27 – Sunday

CARROLLTON RUNNERS 5K / 1 MILE 7:30AM McInnish Park, Carrollton, \$6. Andy McLaughlin (972)245-3341

July 28 – Monday

2ND ANNUAL RED, WHITE & BLUE SUMMER TRILOGY 7:15PM Kiddy 1K & 7:30PM 5K Heritage Park, base of Taylor St, downtown Fort Worth. **ChampionChip** Timed & **USATF Certified**. \$12 per 5K race or \$30 for all 3 5K races when paid at one time! www.runtimeracingservices.com or walk-up registration each race starting at 6:00PM.

July 29 – Tuesday

TCRC PREDICTION RUN 5K 7:00PM Five Star complex, 4100 Blair Oaks, The Colony. FREE. www.tcroadrunners.org

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July 31 – Thursday

TRINITY 500 SUMMER SERIES 5K 7:30PM (Registration @ 6:15, Kiddy 1K @ 7:15). Trinity Trail @ N Henderson St. Bridge (White Settlement & Henderson), just west of Downtown Fort Worth. Park across from Trail levy (Woodard St / Congress St / Franklin St). Series continues every Thursday evening, from June 5 through August 28.

August 2 – Saturday

RICKY COX FITNESS CENTER 5K / 1 MILE 8:00AM 3075 Mansfield Hwy, Fort Worth 76119. \$10/\$15 by 7/26 (+ \$5 for a T-shirt). (817)531-2381 / www.rickycoxfinishline.com.

DRC 3 X 2 MILE CROSS-COUNTRY RELAY 8:00AM Norbuck Park, White Rock Lake, Dallas. (214)432-6619.

August 3 – Sunday

BURLESON RUNNERS POT LUCK X-COUNTRY 3 MILE / KIDS' 1K 6:00PM Burleson Comm Ctr, Burleson,. (817)496-3734.

TWO WHITE DOGS 5K (& Duathlon) 7:30AM Bath House, White Rock Lake, Dallas. (214)821-0909 / www.active.com.

SAN FRANCISCO MARATHON / HALF / 5K 5:15AM San Francisco, CA. (800)698-8699 / (415)284-9653 / www.runsfm.com.

August 4 – Monday

2ND ANNUAL RED, WHITE & BLUE SUMMER TRILOGY 7:15PM Kiddy 1K & 7:30PM 5K Heritage Park, base of Taylor St, downtown Fort Worth. **ChampionChip** Timed & **USATF Certified**. \$12 per 5K race or \$30 for all 3 5K races when paid at one time! www.runtimeracingservices.com or walk-up registration each race starting at 6:00PM.

August 7 – Thursday

TRINITY 500 SUMMER SERIES 5K 7:30PM (Registration @ 6:15, Kiddy 1K @ 7:15). Trinity Trail @ N Henderson St. Bridge (White Settlement & Henderson), just west of Downtown Fort Worth. Park across from Trail levy (Woodard St / Congress St / Franklin St). Series continues every Thursday evening, from June 5 through August 28.

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August 9 – Saturday

MCKINNEY HISTORICAL RUN 5K – 7:30AM – Downtown Square, 221 N. Tennessee, McKinney. \$15/\$20 by 8/02. (214)557-1483 / elliotstarcevich@mckinneyhistoricalrun.com / www.mckinneyhistoricalrun.com Benefits the Helms family to help the treatment of Michael Helms, a McKinney HS teacher/coach suffering from a brain disease.

August 10 – Sunday

SUMMER BATH RUN 15K / 5K 7:30AM Bath House, White Rock Lake, Dallas. (214)821-0909 / www.active.com.

CHICAGO DISTANCE CLASSIC HALF MARATHON 6:25AM Grant Park, Chicago, IL. (312)243-2000 / www.chicagodistanceclassic.com.

August 12 – Tuesday

PLANO PACERS PREDICTION RACE 5K 7:00PM Schimelpfenig Library, 5024 Custer, Plano. (972)967-7223/ www.planopacers.org.

August 13 – Wednesday

JOGGER 5K SUMMER SERIES FINALE 7:00PM Bachman Lake, Dallas. (214)821-0909.

August 14 – Thursday

TRINITY 500 SUMMER SERIES 5K 7:30PM (Registration @ 6:15, Kiddy 1K @ 7:15). Trinity Trail @ N Henderson St. Bridge (White Settlement & Henderson), just west of Downtown Fort Worth. Park across from Trail levy (Woodard St / Congress St / Franklin St). Series continues every Thursday evening, from June 5 through August 28.

August 16 – Saturday

LIFE WITHOUT LIMITS 5K / 1M WALK & ROLL 8:00AM Dallas. (214)351-2500 x253 / (214)247-4504 / www.lifewithoutlimitsswr.com.

PIKES PEAK ASCENT (13.32 Miles) 7:00AM Manitou Springs, CO. www.pikespeakmarathon.org.

UCP LIFE WITHOUT LIMITS RUN, WALK & ROLL (formerly The Elvis Run.) 5k & 1K walk and wheelchair roll featuring high energy music playing throughout the course. 8:00AM Reverchon Park in Dallas. www.lifewithoutlimitsswr.org Benefits: United Cerebral Palsy of North Texas.

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August 17 – Sunday



**FWRC WATERMELON 5K
& WATERMELON RELAY**

8:00AM

Trinity Trail near River Plaza Bldg Parking Lot (South)

Fort Worth

(817) 654-5390 or www.fwrunners.org.

PIKES PEAK MARATHON 7:00AM Manitou Springs, CO. (719)473-2625/ www.pikespeakmarathon.org

August 20 – Wednesday

DAYLIGHT TO DARKNESS 5 MILE 7:00PM Bath House, White Rock Lake, Dallas. (214)821-0909 / www.active.com.

August 21 – Thursday

TRINITY 500 SUMMER SERIES 5K 7:30PM (Registration @ 6:15, Kiddy 1K @ 7:15). Trinity Trail @ N Henderson St. Bridge (White Settlement & Henderson), just west of Downtown Fort Worth. Park across from Trail levy (Woodard St / Congress St / Franklin St). Series continues every Thursday evening, from June 5 through August 28.

August 22/23 – Fri / Sat

HOOD TO COAST RELAY 8:00AM Mt. Hood to Seaside, OR,.197M, 36 legs, 12-m teams, (503)292-4626 / www.hoodtocoast.com

August 23 – Saturday

5TH ANNUAL AUGUST GUSTO (AGG) 5K 7:45AM River Legacy Parks, Arlington. \$8/\$10 by 8/20 + (optional) Packaged/Boxed/ Canned foods & School supplies. No T-shirts, but a small, scholarly memento. Mile markers! 3-deep performance awards, 5-yr age groups incl. 6 & under AND 80 & over, PLUS "souls & soles" awards The awards ...simple...special... Complete results on the Web. (817)265-

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4578/ jephaa@yahoo.com / www.active.com/event_detail.cfm?event_id=1602309 Net proceeds benefit Arlington Charities.

DFW LIVE WELL RUNWAY TO WELLNESS 5K / 1 Mile – 8:00AM – DFW Airport, TX. (214)393-6973 / (972)973-1613 / <https://secure.getmeregistered.com>. Benefits United Way of Tarrant county and Dallas County.

August 24 – Sunday

TCRC PREDICTION RUN 5K 7:00PM Five Star complex, 4100 Blair Oaks, The Colony. FREE.
www.tcroadrunners.org.

THE HOTTEST HALF / 10K 7:00AM Winfrey Point, White Rock Lake, Dallas. (972)249-8882/
www.hottesthalf.com

August 28 – Thursday

TRINITY 500 SUMMER SERIES 5K 7:30PM (Registration @ 6:15, Kiddy 1K @ 7:15). Trinity Trail @ N Henderson St. Bridge (White Settlement & Henderson), just west of Downtown Fort Worth. Park across from Trail levy (Woodard St / Congress St / Franklin St). Series continues every Thursday evening, from June 5 through August 28.

August 30 – Saturday

HAMILTON DOVE FESTIVAL 5K / 1 MILE 8:00AM Hamilton, TX. (254)386-9933 / www.active.com.

GOAT GALLOP 5K/ 1M 7:45AM Brady High School, 11th St & High St, Brady, TX. (325)597-3491 / chamber@bradytx.us.

PLANO PACERS DOG DAYS RELAY 3 x 3K/ 1K – 8:00AM – Harrington Park, 16th & 75 (behind Spaghetti warehouse), Plano. \$0/\$5 mem/nonmem. (972)967-PACE (7223) / www.planopacers.org.
USATF-cert course.

August 31 – Sunday

CARROLLTON RUNNERS 5K / 1 MILE 7:30AM McInnish Park, Carrollton. Andy McLaughlin (972)245-3341.

KOLACHE 5000 FUN RUN 8:00AM Westfest Grounds, West, TX. (254)826-5058 / www.westfest.com.

ROCK 'N' ROLL 1/2 MARATHON 6:40AM Virginia Beach, VA. (800)311-1255 / www.mrvb.com

THE HUMAN RACE 10K – 25 official locations worldwide, incl. Austin, Buenos Aires, Caracas, Chicago, London, Los Angeles, Melbourne, New York, Taipei, Vancouver + unofficially anywhere (one is) in the world. www.nikeplus.com. Benefits UN Refugee Agency, WWF—World Wildlife Fund & Lance Armstrong Foundation.

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ROCK 'N' ROLL 1/2 MARATHON – 6:40AM – Virginia Beach, VA. Flat, fast seaside course. (800)311-1255 / rnrvb@eliteracing.com / www.rnrvb.com Post-race concert.

DISCLAIMER

This race calendar has been compiled well in advance of the event dates listed from multiple sources. The dates and times are subject to change. The FWRC cannot be held responsible for misinformation. Always check with the contacts listed or stop by your local running store and pick up an entry form.

Please submit race events to jephaa@yahoo.com or the FWRC at fwrcweb@gmail.com