

Fort Worth Runners Club Area Race Calendar

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

November 1 – Saturday

DFW Walk for LUNGevity – 10:00AM – River Legacy Park in Arlington Texas. www.lcwalk.com
Benefits the LUNGevity Foundation, dedicated to funding lung cancer research.

UNDY 5000 – A BRIEF RUN TO FIGHT COLON CANCER – 8:00AM – 5K & 1 mile Fun Run. White Rock Lake, at Winfrey Point, Dallas. For more info, go to www.undy5000.org

BASIC 5K – 8:30AM – Irving Bible Church, 2435 Kinwest Parkway, Irving, TX. 972-560-4600 / <http://www.waterisbasic>. Benefits Water is Basic, striving to drill a well in every village in Sudan.

November 8 – Saturday



Mud Run 2008 – LaGrave Field, Fort Worth - Fall Race - November 8th, 2008, Start Time TBD.
Registration opens October 1st (www.active.com), 2008 and is limited to the first 4000 participants.
<http://www.mudrundfw.com/>

Race To Read – 8:00AM – 5K & 1 Mile Fun Run. Colleyville Public Library. Benefiting the Colleyville Public Library Foundation. <http://www.runtimeracingservices.com/Calendar.aspx>

November 9 – Sunday

RUN FOR THE WATER – 7:00AM – 4th and San Antonio Street, adjacent to Republic Square Park in Downtown Austin, TX. Each event starts at a different time. 10-miler racers start at 7 AM to minimize traffic concerns, while 5K runners can enjoy more sleep, starting at 9:15 AM. The Kids K begins at 9:00AM. Details: <http://gazellefoundation.com/runforthewater/>

USATF SW ASSOC. JR. OLYMPIC CROSS-COUNTRY CHAMPIONSHIPS 5K/ 4K/ 3K/ 2K – 8:00AM – Harry Myers Park, 801 E. Washington, Rockwall, TX. 972-283-1451 OR 214-803-9633 / <http://www.swusatf.org>. Includes Open & Masters divisions.

November 15 – Saturday

DOROTHY'S DASH – 8:00AM – 5K & 1K Fun Run. Flower Mound High School. Benefiting Multiple Sclerosis research. <http://www.runtimeracingservices.com/Calendar.aspx>

Fort Worth Runners Club
Area Race Calendar

LANCASTER AVENUE MILE – 8:00AM – 1 Mile. Summit and Lancaster, Fort Worth, Texas. Benefiting the Fort Worth Police K-9 Unit. <http://www.runtimeracingservices.com/Calendar.aspx>

2008 FREEDOM RUN BRECKENRIDGE TEXAS – 9:00am – City Park on Walker Street/Hwy.180.

Online registration at www.active.com – Key word search - Freedom Walk/Run. Info: (254) 559-1391 e-mail: www.stevekem@camalott.com. Walker Sayle Substance Abuse Unit Benefiting Texas Special Olympics.

BOY SCOUTS OF AMERICA 5K FUN RUN – 8:30AM – Texas Motor Speedway, Fort Worth. Check in at 7:30AM, \$20 early (Nov 7) / \$25 / \$5 Fun Walk (no t-shirt). For more info call 817-231-8500 or

www.longhorncouncil.org

JOEY CUSHMAN LAW ENFORCEMENT TORCH RUN 5K / 1 MILE – 8:00AM – River Legacy Parks, 701 NW Green Oaks Blvd, Arlington, TX. 214-943-9981 / <http://www.firstgiving.com/sotx> (Click on Get Started). Benefits Special Olympics of Texas & “...to honor Officer Joey Cushman’s memory and continue his legacy...”

November 22 – Saturday

COYOTE CHASE RACE 5K AND 1 MILE – 9:30am – Weatherford College (225 College Park Dr., Weatherford). Registration \$15 until Nov. 8; \$20 Nov. 9-21; \$15 on race day. Register online at www.coyotechaserace.com. Contact Brent Baker at 817-598-6275 or 817-598-6275.

CASA 5K – 8AM 3PM -- to Johnson Park, Marble Falls, TX. 1976 Olympic Gold Medalist, UT Football legend, former New York Jets wide-receiver, & TX HS Football Hall of Fame inductee, Johnny “Lam” Jones is the Official 5K Ribbon Cutter. UT Football hero & Big Country Hall of Fame inductee Johnny “Ham” Jones is the Official Kids 1K Ribbon Cutter. All proceeds benefit CASA for the Highland Lakes Area. Call 325-388-3440 for more info or visit www.highlandlakescasa.org

November 23 – Sunday

FWRC MOTE IN MOTION HALF MARATHON & 2-PERSON RELAY – 8:00AM – River Plaza Building South Parking Lot, Fort Worth, TX. For more info, go to www.fwrunners.org. You can register at race site race morning or at http://www.active.com/event_detail.cfm?event_id=1637355

November 27 – Thursday

16th ANNUAL 2008 TXU Energy Turkey Trot – 8:00AM – Uptown Park in Houston, Texas. 5K | 10K | Kids' K | Post Race Party. A Healthy Thanksgiving Tradition Benefiting Sheltering Arms Senior Services. <http://www.shelteringarms.org/index.cfm?menuitemid=157&menusubid=99>

Fort Worth YMCA Turkey Trot – 8:00AM – 5K / 10K / 1K Gobbler. Fort Worth, TX at 6115 Camp Bowie (Camp Bowie & Westridge in front of Frost Bank). <http://www.fwtrot.org/> Benefiting the Scholarship youth program of the Westside YMCA.

Fort Worth Runners Club
Area Race Calendar

PARK GLEN 4TH ANNUAL TURKEY TROT (5K / 1 MILE walk) – 8:00 AM – Race course is certified and begins at Alliance Methodist Church: 7904 Park Vista Blvd., Fort Worth, Texas 76137. www.parkglen.org for registration information. Registration 7-8am. Race starts at 8am. Awards at 9am. \$15 pre-registration fee. \$20 day of race. \$45-50 per team or family (of 4).

November 29 – Saturday

ARLINGTON park-TRAIL MILE – 9:00AM – River Legacy Parks, 701 NW Green Oaks Blvd, Arlington, TX 76006. Distance markers every 1/4 Mile! 817-265-4578 / <http://www.runningintheusa.com/jeph/> / http://www.active.com/event_detail.cfm?event_id=1628863 Benefits SafeHaven of Tarrant County.

December 6 – Saturday

ST. JUDE MEMPHIS MARATHON WEEKEND Marathon / Half Marathon / 5K. Marathon start @ 8:00AM, & 5K start @ 7:15AM. Memphis, TN. <http://www.stjudemarathon.org/>

DON ZETNICK ARLINGTON WINTER RUN 10K / 2 MILE / 1K – 8:00AM – Maverick Athletic Center (The MAC), UTA Campus, 500 W. Nedderman, Arlington, TX 76019. 817-265-4578 /

<http://www.DonZetnickWinterRun.com>. Register at www.active.com/event_detail.cfm?event_id=1602332 Benefits: Arlington Charities & Arlington YMCA.

2008 JINGLE BELL Run/Walk – 5:30PM – Sundance Square, Fort Worth, TX. Benefits the Arthritis Foundation.

December 13 – Saturday

3rd ANNUAL FROSTY 5K AND MERRY MILE – 9:00 AM – City Hall Plaza in Frisco. Early registration is \$20 per person and begins this Saturday, November 8. Late registration is November 25 thru December 11 and participants are not guaranteed a race shirt. Race day registration begins at 8am on December 13 and is \$25. Runners may register in-person at the Frisco Athletic Center, on-line at www.FriscoFun.org or by mail.

December 7 – Sunday

FWRC TROPICAL 10M & HAWAIIAN 5K RUN – 8:00AM – **New location: Trinity Park Pavilion #3 at the intersection of Trinity Park Dr. and River Dr.** Registration @ Race Site. More info at www.fwrunners.org. Also, you can register online at http://www.active.com/event_detail.cfm?event_id=1637678

***Fort Worth Runners Club
Area Race Calendar***

December 20 – Saturday

SFI 5K FOR FAMILIES 5K – 8:00AM – Trinity Commons Shopping Center, S. Hulen & Bellaire, Fort Worth, Texas. Benefiting SFI Support For Families of Incarcerated.

<http://www.runtimeracingservices.com/Calendar.aspx>

December 27 – Saturday

JUST FOR THE HECK OF IT X 5K / 2K – A POST-CHRISTMAS FROLIC – 9:00AM – 9:00 AM River Legacy Parks, 701 NW Green Oaks Blvd, Arlington, TX 76006. 817-265-4578 /

<http://www.runningintheusa.com/jeph/> or http://www.active.com/event_detail.cfm?event_id=1657129

Benefits Elite Track Club & SafeHaven of Tarrant County (plus toy donations for SafeHaven).

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 & the FWRC at fwrcweb@gmail.com