

*Fort Worth Runners Club
Area Race Calendar*

Races outside DFW area in DARK RED.

April 4 - Saturday

13TH ANNUAL VICTORY OVER VIOLENCE 5K Walk/Run & 1K Fun Run - 8:00 AM
- Trinity Park Duck Pond, Seventh St and Stayton Road in Fort Worth. USATF certified 5K through Trinity Park and Botanic Gardens. You can register at www.womenscentertc.org or call 817-927-4006. *Benefits* the Anti-violence programs of The Women's Center of Tarrant County, serving over 90,000 women, men and children annually through its rape crisis and victim services, counseling and employment programs

April 5 - Sunday

BIG D TEXAS MARATHON (1/2 and 5K) - 8:00 AM - Fair Park, Dallas, TX.
<http://www.texasmarathon.com/>

April 11 - Saturday

4th BUNNY BOOGIE 5K Run/Walk - 8:30 AM - River Legacy Parks 701 NW Green Oaks Blvd, Arlington, TX 76006. (817)265-4578 / jephaa@yahoo.com / www.runningintheusa.com/jeph

Benefits Meals On Wheels..."promoting the dignity & independence of the disabled, the elderly and other homebound persons by delivering nutritious meals and coordinating needed services."

HEART OF HEATH 5K Run/Walk - 8:30AM - City Hall, 200 Laurence Drive, Heath, TX 75032. (972)771-6228 / www.heathtx.com. Benefits Heath City trails system. Race will be followed by a pancake breakfast.

SON RISE RUN 5K / 1M Fun Run - 8:00 AM - Cross Bend Christian Church, 901 Cross Bend Rd, Plano. \$20/\$25 by 4/4 (\$15 for 1 Mile). (972)424-0814 / www.crossbend.org. Benefits Cross Bend Christian Academy pre-school.

THE MAV RUN 5K - 9:00 AM - UTACampus, Arlington. \$18/\$20/\$25 by 4/4. (817)360-4050 / www.mavrun.com. Benefits SafeHaven of Tarrant County.

RACE FOR THE CURE 5K / 1 MILE - 8:00 AM - Sundance Square, Fort Worth. \$35/\$40 (\$20/\$25 for 12 & Under) by 3/28. (817)735-8580 / www.komentarrant.org. Benefits Susan G Komen breast cancer research and cure effort.

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April 14 - Tuesday

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

April 17 - Friday

RELAY FOR LIFE RUNNING/WALKING - 6:00 PM - Burleson / NW Tarrant County. (817)737-9990/ www.cancer.org.

RELAY FOR LIFE RUNNING/WALKING - 7:00 PM - NE Tarrant County, Euless. (817)737-9990/ www.cancer.org. Teams. \$50/team + \$100 min pledge/ person → T-shirt. Benefits American Cancer Society - ACS.

RELAY FOR LIFE RUNNING/WALKING - 6:00 PM - SMU, Dallas. (214)819-1200 / www.cancer.org.

RELAY FOR LIFE RUNNING/WALKING - 7:00 PM - South Dallas. (214)819-1200 / www.cancer.org. Teams. (\$10/individ) / (\$25/team) + \$100 min pledge per person for a T-shirt. Benefits American Cancer Society (ACS).

April 18 - Saturday

1st ANNUAL SPRING FLING 10K / 5K / 3K Run/Walk - 8:00 AM - Public Works Building, 970 Main Street, Hickory Creek, TX 75065. (940)497-2528 / www.hickorycreek-tx.gov Benefits Lake Cities Spirit of Christmas & The Heroes of Denton County.

13th ANNUAL FIN, FEATHER & FUR (FFF) 5K / KIDDIE 1K Run/Walk - 9:00 AM - River Legacy Parks 701 NW Green Oaks Blvd, Arlington, TX 76006. (817)692-5764 / www.runningintheusa.com/jeph Benefits Ellis, Sherrod and Larson Elementary Schools (Sharks, Eagles & Lions).

INNAUGURAL JOG WITH THE FROG 5K - 8:00 AM - Fair Park in Dallas, TX. Certified and chip timed event. Music by the Black Prairie Band. Benefits Educational First Steps, a non-profit organization dedicated to improving the quality and availability of early childhood education for disadvantaged children between the ages of birth to five. For more info, go to <http://www.jogwiththefrog.com/home.html>.

SPRING SPRINT 5K RUN/WALK & 1 MILE FUN RUN - 10:00 AM - Seven Hills Elementary, 654 FM 3433, Newark, TX 76071. \$6 kids, \$10 adults with a Maximum of \$30/family. Includes a TShirt. Proceeds benefit 2009 5th graders going to Camp Grady Spruce. Bounce House, relay race, games, face painting, food and much more. For more info call the school at 817-215-0700.

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RELAY FOR LIFE RUNNING/WALKING – 7:00 AM – NE Tarrant County, Euless. (817)737-9990/ www.cancer.org. Teams. \$50/team + \$100 min pledge/ person → T-shirt. Benefits American Cancer Society - ACS.

RELAY FOR LIFE RUNNING/WALKING – 6:00 AM – SMU, Dallas. (214)819-1200 / www.cancer.org.

RELAY FOR LIFE RUNNING/WALKING – 7:00 AM – South Dallas. (214)819-1200 / www.cancer.org. Teams. (\$10/indiv) / (\$25/team) + \$100 min pledge per person for a T-shirt. Benefits American Cancer Society (ACS).

RUN FOR THE RELAY 5K/ 1 MILE – 8:00 AM – Andy Brown West Park, 363 N Denton Rd, Coppell. \$15/\$20 by 4/11. (972)304-3668 / www.getmeregistered.com / www.runontexas.com. Benefits the American Cancer Society.

ESA CANCER AWARENESS DAY 5K / 1 MILE – 8:00 AM – Lakeside Park, Duncanville, \$15/\$20/\$25 (\$12 for 0- 18) by 4/10. (972)296-9898 / www.runontexas.com. Benefits various local cancer projects, incl. Methodist Hospital near Duncanville, prostate cancer programs and St. Jude's Hospital.

UNT EARTH DAY 5K / KIDS' 1 MILE – 8:00 AM – at Hwy 380 access point, Denton. \$15/\$17 (\$12/\$15 -UNT Students) by 4/11 (940)453-0327 / candaces@unt.edu. Benefits UNT Biology Graduate student Association.

ST. GREGORY FUN RUN 5K / 1 MILE / KIDS' DASH – 8:00 AM – T. K. Gorman High School, 1405 ESE Loop 323, Tyler, \$20/\$25 by 4/8. (903)561-2424 / stgfunrun@gmail.com / www.tkgorman.net / www.active.com. Benefits the Tyler Catholic School system.

BOBCAT BOOGIE 5K / 1 MILE Fun Run – 8:00 AM – Brentfield Elem., 6767 Brentfield Dr., Dallas. \$20/\$25 (\$10 for children) by 4/11 . (214)484-2881 / hillaryandcarl@tx.rr.com / www.brentfieldpta.org. Benefits Brentfield Elem PTA.

RUN FOR COVER 10K / 5K / 1K – 8:00 AM – Stonebridge Ranch Beach Club, McKinney. \$20/\$30 indiv/family. McKinney Fellowship Baptist Church / (972)542-5302 / www.thesamaritaninn.org. Benefits the Samaritan Inn, the only emergency shelter for the homeless in Collin County.

12th ANNUAL ZOO RUN RUN 10K / 5K / 5K Fun Run / 1 MILE Fun Run – 7:00 AM – Colonial Parkway, near the Zoo entrance, Fort Worth, \$20/\$25/\$30 (\$18 – 5+) by 4/03. (817)759-7337 / (817)759-7385 / www.fortworthzoo.org. Benefits the Fort Worth Zoo Education & Conservation Programs.

BREATHE 5K WALK – 9:00 AM – The Ballpark in Arlington, Arlington. Pledges/sponsors -- min. of \$100 for a T-shirt. (214)631-5864 / (800)-LUNG-USA /

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www.texaslung.org. Benefits American Lung Association's asthma programs and education.

MARCH OF DIMES MARCH FOR BABIES 3.5 MILES - 9:00 AM - Farrington Field, Fort Worth.

Pledges (\$250 for T-shirt & \$15 Foley's Gift Card, etc.). (817)924-9944 /

www.marchforbabies.com. Benefits March of Dimes Birth Defects Foundation for healthy babies.

MARCH OF DIMES MARCH FOR BABIES 5 MILES - 9:00 AM - White Rock Lake, Norbuck Park, Dallas. Pledges (\$250 for T-shirt & \$15 Foley's Gift Card, etc.).

(972)669-3463 / www.marchforbabies.com. Benefits March of Dimes Birth Defects Foundation for healthy babies.

RELAY FOR LIFE RUNNING/WALKING - 12:00 **NOON** & **MIDNIGHT** - Denton.

(817)737-9990 / www.cancer.org. Teams. \$50/team + \$100 min pledge per person for a T-shirt. Benefits American Cancer Society (ACS).

April 19 - Sunday



**FWRC Stockyards River Ranch Hound Hussle 5k 'n' 1K
Fun Run**

(Run W/Your Dog)

8:00 AM

River Ranch House, 500 Ne 23rd St

For more info, go to www.fwrunners.org/

RISE & SHINE 5K Run/Walk - 1:30 PM - Reverchon Park, Dallas. \$10/\$5 adults/kids. (214)528-1290 / (214)356-3043 / www.lukeslocker.com. Benefits The Rise School, quality early childhood services, for kids with Down Syndrome and other special needs kids.

April 24 - Friday

RELAY FOR LIFE RUNNING/WALKING - 6:00 PM - Azle. (817)737-9990 / www.cancer.org.

RELAY FOR LIFE RUNNING/WALKING - 7:00 PM - Benbrook. (817)737-9990 / www.cancer.org.

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Teams. \$50/team + \$100 min pledge per person for a T-shirt . Benefits American Cancer Society (ACS).

RELAY FOR LIFE RUNNING/WALKING - 6:00 PM - Ennis / Plano. (214)819-1200 / www.cancer.org.

RELAY FOR LIFE RUNNING/WALKING - 7:00 PM - North Dallas / McKinney. (214)819-1200 / www.cancer.org. Teams. (\$10/indiv) / (\$25/team) + \$100 min pledge per person for a T-shirt. Benefits American Cancer Society (ACS).

April 25 - Saturday

1st ANNUAL SMG RUN - RUNNING FOR FITNESS, FAITH & FUN 5K/ 1M - 9:00 AM - St. Maria Goretti School, 1200 S. Davis Drive, Arlington, TX 76013. (817)360-9288-5764 / www.smgrun.org Benefits Physical Education Programs and Children's Learning at St. Maria Goretti.

RUN WALK or CRAWL FOR OUR KIDS - 8:00 AM - Aledo, Texas. Kiddie K and 5K at Aledo Bearcat Stadium. \$17 early bird 5K by April 3rd, \$18 Standard 5K by April 24th, \$25 race day, \$10 1K Fun Run. First 100 early bird 5K registrations receive a Mizuno t-shirt upgrade. More information at www.aledoadvocats.com

CHRISTIAN CORNEAU BE A CHAMPION 5K / 1 MILE FAMILY EVENT - 8:00 AM - Ridge Pointe Athletic Club, 811 Yellow Jacket Lane, Rockwall, TX 75087. (972)249-8882 / www.beachampion5k.com Benefits awareness and participation in USATF, for youth aged 5 - 18, and promotes the physical well-being of the community.

LIONS FORT WORTH CHALLENGE - 10:00 AM - LaGrave Field, 301 N.E. 6th Street, Fort Worth, TX 76164. The event will begin with a Fort Worth trivia challenge to determine starting position of teams. Then teams of two will travel throughout the city, either on foot or by riding the bus using a no-charge one-day pass provided by The T. Teams will solve various clues to arrive at checkpoints and do several challenges along the way, with the goal to be the first team back to LaGrave Field to win the **\$3000.00 First Place Prize**. For more information, go to www.lionsfortworthchallenge.net

PET LOVE/ LGRW 10TH ANNUAL HOUND DOG HUSTLE, 5K, 1-MILE FUN RUN/WALK - 8:00AM - Trawick Pavilion, Oak Grove Park, Grapevine. Fees: \$15 for LGRW members by April 22, \$25 after; \$18 for others by April 22, \$25 after; students (18-younger): \$10 by April 22; \$20 after. Fee includes T-shirt for first 500 registered participants, goody bag and admission to the after-race party, which features a Dog Costume Contest, door prizes, snacks and beverages.

Start times:

5K -- 8 a.m.

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1-mile fun run/walk without dogs -- 8:45 a.m.
with dogs -- 8:50 a.m.

There's also a Dog Adopt-A-Thon and Expo. Proceeds benefit the Dog Rescue Leagues in the Metroplex, and the Tarrant Area Pet Food Bank. Packet pick-up and late registration at Elite Suites in Southlake and RunOn! in Coppell, April 23-24, and at the race. <http://runnersandwalkers.com/hdh/hounddog09.html>

TRINITY TREK 5K Walk/Run – 8:30 AM – Pecan Valley Park. Benefits WestAid, the food bank organization for west side clients that need food assistance. For more info, go to <http://www.westaid.org/5.html>

RELAY FOR LIFE RUNNING/WALKING – 6:00 AM – Azle. (817)737-9990 / www.cancer.org.

RELAY FOR LIFE RUNNING/WALKING – 7:00 AM – Benbrook. (817)737-9990 / www.cancer.org.

Teams. \$50/team + \$100 min pledge per person for a T-shirt . Benefits American Cancer Society (ACS).

RELAY FOR LIFE RUNNING/WALKING – 6:00 AM – Ennis / Plano. (214)819-1200 / www.cancer.org.

RELAY FOR LIFE RUNNING/WALKING – 7:00 AM – North Dallas / McKinney. (214)819-1200 / www.cancer.org. Teams. (\$10/individ) / (\$25/team) + \$100 min pledge per person for a T-shirt. Benefits American Cancer Society (ACS).

KIDS CHASE BY THE LAKE 1 MILE / 1/2 MILE – 8:00 AM – Stewart Creek Park, The Colony. For kids 5 – 11. \$8. A. Suelz (214)336-3741 / waynemandy@prodigy.net / www.tcroadrunners.org. Aims at giving kids in our area a sporting start in life.

SEMINARY STRIDE 5K/ KIDDIE K – 8:00 AM – (5K course: USATF-cert.), Southwestern Baptist Seminary, Ft Worth, \$12/\$14/\$16 (\$8/\$10- 1K) by 4/12. (817)923-1921 x3952 www.swbts.edu/stride.

7th ANNUAL RUN FOR THE TREASURE (PROJ GRAD) 5K / 1M FUN RUN – 8:00 AM – Hood County YMCA, 833 Harbor Lakes Dr, Granbury, \$18/\$20 (\$15/\$20for 0-18, 65+ or grp of 5+) by 4/16. (817)579-0221 / dmweyandt@charter.net. Benefits Granbury High School Project Graduation drug-fee / alcohol-free graduation event.

BISHOP DUNNE / "THE TRIO" 5K / 1K Fun Run – 8:00 AM – Bishop Dunne Catholic School, Dallas. \$15/\$20 by 4/18, \$10 – 5+ students. (214)339-6561 / www.runontexas.com. Benefits Bishop Dunne School.

DESTINATION GRAND PRAIRIE 5K / 1MILE – 8:15 AM – LoneStar Park, Grand Prairie. \$15/\$20/\$25 (\$13 for grp of 5+) by 4/17. (972)237-8100 / www.GrandFunGP.com. Benefits youth scholarships for GP Parks & Rec programs; Celebrates a Century.

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RUN FOR THE RIDERS 5K / 1 MILE

8:00 AM

Stockyards Station, Fort Worth. \$20/\$25 by 4/18.

For more info:

(817)731-1760

www.fwrunco.com.

Benefits All Star Equestrian Foundation for kids with disabilities.

HIT THE BRICKS 5K – 8:00 AM – Arlington Heights HS, 4501 W. Freeway, Fort Worth, \$18/\$20/\$25 (\$15 for grps of 5+) by 4/18 Coach Perry (817)570-4033 / (817)377-7200. Benefits Arlington Heights High School.

NEW BALANCE GIRLS ON THE RUN 5K – 9:00 AM – Andy Brown West Park, Coppell. \$15/\$20/\$25 by 4/5. (972)890-1423 / (972)849-4668 / www.gotrdfw.com. Benefits Girls On The Run.

RUN THE HIGHLANDS 5K / 1 MILE Family Fun Run – 8:30 AM – Lake Highlands HS, 9449 Church Rd, Dallas, \$15/\$20/\$25 (\$10 for 3-12; \$50 for family of 3+) by 4/10. (214)503-8284/1631 / www.runontexas.com. Benefits Lake Highlands North Recreation Center pond restoration project.

SETON SOLES 5K Walk/Run – 8:00 AM – St. Elizabeth Ann Seton Church, 2700 W Spring Creek Pkwy, Plano. \$18/\$22/\$25 by 4/11. (\$12 for 0-12). (972)596-5505 / www.getmeregistered.com / www.runontexas.com. Benefits the church's Benevolence Endowment Fund for the Office of Peace and Social Justice.

ALEDO CHILDREN'S ADVOCATS 5K Run-Walk-Crawl / 1K Fun Run – 8:00 AM – Aledo High School Stadium, Aledo. \$17/\$20/\$25 by 4/3 (\$10 for 1K). (817)599-4536 / www.aledoadvocats.com. Benefits Aledo Children's Advocats – helping children & families in need.

MUDDY CREEK RUN 5K / 1 MILE – 9:00 AM – Sage creek Poolhouse, Wylie. \$15/\$20 with canned goods by 4/24 (canned goods – 1K). M. McCurdie (214)316-0161 / brianmandie@gmail.com. Benefits Christian Care Center of Wylie.

TEXAS ROUND-UP 10K/ 5K/ 1 MILE – 8:00 AM – State Capitol Grounds, Austin. (512)658-4214 / www.texasroundup.org

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WALK LIKE MADD 5K Walk – 8:00 AM – Williams Square, Las Colinas, Irving. Pledges – recommended goal of \$100. H McCauley (214)637-0372 x305 / www.stridesforchange.com. Benefits Mothers Against Drunk Driving (MADD).

GREAT STRIDES WALKATHON 5K – 9:00 AM – Harry Myers Park, 815 E. Washington St, Rockwall. Pledges (Min. of \$100 for a T-shirt). (214)871-2222 / www.cff.org/northeast-texas.htm. Benefits Cystic Fibrosis research.

MARCH OF DIMES MARCH FOR BABIES 4.8 MILES – 9:00 AM – Bergfeld Park, Tyler. (903)291-1992.

Pledges (\$250 for T-shirt & \$15 Foley's Gift Card, etc.). www.marchforbabies.com. Benefits March of Dimes Birth Defects Foundation for healthy babies.

ARTHRITIS WALK & HEALTH FAIR 5K/ 1 MILE (Humans & dogs) – 10:00 AM – Rose Rudman Park, Tyler. Pledges. Min. of \$100 for a T-shirt). Amy Sims (800)442-6653 / www.easttexasarthritiswalk.org.

Benefits Arthritis Foundation, Texas.

HABITAT FOR HUMANITY 5K RACE – 8:00 AM – SW Christian School Prep Campus, Fort Worth. \$25/\$15 adult/student. (817)294-9596 x214 /

www.southwestchristian.org. Benefits A Brush with Kindness, a ministry of Habitat For Humanity.

COUNTRY MUSIC MARATHON / HALF MARATHON – 6:45 AM – Nashville, TN. (800)311-1255 / (615)742-1660 / cmm@eliteracing.com / www.cmmarathon.com.

SKINNYDIPPER SUN RUN 5K – 1:00 PM – Wildwood Naturist's Resort, Decatur, TX. \$15/\$20 by 4/12. Clothing is optional, but take along a towel. (940)627-5793 / www.skinnydippersunrun.com.

RELAY FOR LIFE RUNNING/WALKING – 3:00 PM – Coppell. (817)737-9990 / www.cancer.org. Teams. \$50/team + \$100 min pledge per person for a T-shirt. Benefits American Cancer Society (ACS).

April 26 - Sunday

RELAY FOR LIFE RUNNING/WALKING – 7:00 AM – Coppell. (817)737-9990 / www.cancer.org. Teams. \$50/team + \$100 min pledge per person for a T-shirt. Benefits American Cancer Society (ACS).

DALLAS CROP HUNGER WALK 3.6 MILE – 2:30 PM – Holy Trinity Catholic Church, 3826 Gilbert Ave,

Oak Lawn & Blackburn, Dallas, TX 75219. Pledges. (214)746-2785 x332 / www.churchworldservice.org.

Benefits The Stewpot, Helping hands Gleaming Ministry & Church World Service projects around the world.

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CARROLLTON RUNNERS 5K / 1 MILE - 7:30 AM - McInnish Park, Carrollton, \$6.
director@carrolltonrunners.com.

MUENSTER GERMANFEST 15K / 5K - 12:00 NOON - Main Street, Muenster,
\$20/\$25 by 4/19. (940)759-2227 / www.muensterchamber.com. Usually hot, but lots
of beer post-race!!



Hop on the FWRC Muenster Bus! → Departs at 8:30 AM from the
Montgomery Plaza at the corner of West 7th and Carroll Streets in
Fort Worth. Details at www.fwrunners.org

**8th OKLAHOMA CITY MEMORIAL MARATHON/ HALF/ 5-pers MARATHON
RELAY / 5K Walk /Kids' Marathon** - 6:30 AM - Oklahoma City, OK. (405)525-
4242 / www.okcmarathon.com. Benefits the Oklahoma City National Memorial &
Museum. "... Honor their Memory... Celebrate Life...Reach for the Future...!"

**BIG SUR INT'L MARATHON / 5-p MARATHON RELAY / 5K / 21 MILE Walk /
10.6 MILE / 9 MILE Walk** - 6:45 AM - Big Sur - Carmel, CA (831)625-6226 /
www.bsim.org.

FLORA LONDON MARATHON -- London, UK. (800)-444-4097 / 020-7902-0200 /
www.london-marathon.co.uk.

May 1 - Friday

SENIOR CITIZENS' FUN WALK 1 MILE - 7:00 AM - Memorial Park, Lewisville.
(972)219-5050 / jwhite@cityoflewisville.com

AMAZING RIVER RUN 5K / 1MILE - 6:45 PM - River Trails Elementary, 8850 Elbe
Tr., Fort Worth, TX 76118. \$10/\$12/\$15 (\$8/pers. for 3+) by 4/18. T.Claxton
(817)891-0092 / paytonswife@yahoo.com

http://schoolctr.hebisd.edu/education/sctemp/8c845c0babf1ff82111d0955fca5f36a/1238074636/River_Run_Cover-Entry_form_combo.pdf /
www.runningintheusa.com/jeph. Benefits River Trails Elementary PTA.

RELAY FOR LIFE RUNNING/WALKING - 6:00 PM - Workman Jr. High School, 701 E.
Arbrook Blvd,
Arlington, TX 76014. \$50/team + \$100 min pledge/ person Æ T-shirt. (817)737-9990/
907-0744 / 826-3848 / www.cancer.org. Benefits American Cancer Society - ACS.

RELAY FOR LIFE RUNNING/WALKING - 7:00 PM - Granbury. (817)737-9990 /
www.cancer.org

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RELAY FOR LIFE RUNNING/WALKING - 7:00 PM - Grand Prairie / Frisco / Richardson. (214)819-1200 / www.cancer.org

May 2 - Saturday

URBAN DARE DALLAS (5-7 miles) - Dallas, TX. Kevin Keefe, 202 285-4510, kkeefe@urbandare.com

www.urbandare.com. Urban Dare is the race where smarts can beat speed. Teams of 2 solve clues to find checkpoints where they must take photos or perform dares. It's like a 1-day amazing race.



RAISE AWARENESS ~ RAISE FUNDS

Select one of our Walks or Runs or Dedicate-A-Race and participate *Anywhere* in the world! *Featured Events: The Indy 500 Mini Marathon* in

Indianapolis, May 2nd & the **Bolder Boulder 10K Road Race** in Boulder, CO in May 25! For more information and for many more events throughout the year and the country, go to <http://www.tofightcancer.com/>

RELAY FOR LIFE RUNNING/WALKING - 6:00 AM - Workman Jr. High School, 701 E. Arbrook Blvd, Arlington, TX 76014. \$50/team + \$100 min pledge/ person Æ T-shirt. (817)737-9990/ 907-0744 / 826-3848 / www.cancer.org. Benefits American Cancer Society - ACS.

RELAY FOR LIFE RUNNING/WALKING - 7:00 AM - Granbury. (817)737-9990 / www.cancer.org

RELAY FOR LIFE RUNNING/WALKING - 7:00 AM - Grand Prairie / Frisco / Richardson. (214)819-1200 / www.cancer.org

RUN FOR THE HILLS 5K/ 1.5M Walk - 9:00 AM - International Museum of Cultures, 7500 W. Camp Wisdom, Dallas. (972)708-7537/ www.internationalmuseumofcultures.org.

1st UNITED METHODIST CHURCH SON RUN 5K / 1 MILE - 9:00 AM - Mansfield. (817)477-2287/ www.firstmethodistmansfield.org

ALLEN COMMUNITY OUTREACH & SPRINGFEST 5K / 1M - 8:00 AM - Main Street, Downtown, Allen. (972)727-9131 / www.acocares.org

CADDO MILLS FOX TROT 5K / 1 MILE Fun Run - 8:00 AM - City Bank, downtown Caddo Mills. (903)527-3188 / (903)456-2003

MAYFEST RUN 10K / 5K / 1K Run or Walk - 7:45 AM - Trinity Duck Pond, W. 7th St, Fort Worth. (817)332-1055 / www.mayfest.org.

DRAGON'S FIRE RACE 5K/ 1M - 8:00 AM - Central Market, 1425 Southlake Blvd, Southlake. (817)949-8246/ www.diggingfordragons.com.

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11th DRC WHITE ROCK N' ROLL 5 MILE - 8:00 AM - Winfrey Point, White Rock Lake, Dallas. (214)432-6619/ www.whiterocknroll.com

MUSTANG CHALLENGE 5K / 1 MILE - 8:00 AM - Creekview High School, 3201 Old Denton Rd, Carrollton. (972)968-4885.

ARTHRITIS WALK & HEALTH FAIR 5K/ 1 MILE - 8:00 AM - Tarrant County College -- SE Campus, Arlington. (817)944-5673/ www.arlingtonarthritismwalk.org

ARTHRITIS WALK & HEALTH FAIR 5K / 1 MILE - 9:00 AM - North Lake Park, Denton. (800)442-6653 / www.dallasarthritismwalk.org

RUN-WALK FOR CHARACTER AND KIDS 4 BLOCKS - 8:45 AM - Main St & Old Town Burleson to 1st Baptist Ch, Burleson. (817)295-6121.

KIDNEY WALK 2008 3 MILE / 1 MILE - 9:00 AM - Lakeside Market, Plano. (214)351-2393 / www.kidneywalk.org.

GREAT STRIDES WALKATHON 5K - 9:00 AM - Love Street Park, Weatherford. (817)249-7744 / <http://fortworth.cff.org/greatstrides>.

GREAT STRIDES WALKATHON 5K - 9:30 AM - Oak Point Park, 2801 Spring Creek Pkwy, Plano. (214)871-2222 / www.cff.org/northeast-texas.htm

URBAN DARE DALLAS 5-7 MILES -- Gingerman Pub, 2718 Boll Street, Dallas. (202)285-4510 / www.urbandare.com

May 3 - Sunday

HEELS AND HILLS HALF MARATHON / 5K/ 1M - 7:00 AM - Williams Sq, Las Colinas, Irving. (214)923-6282 / www.heelsandhills.com.

BURLESON RUNNERS BACK TO BASICS 5K / KIDS' 1K - 6:00 PM - Burleson Community Cntr, Burleson. (817)496-3734.

PITTSBURGH MARATHON / HALF / 4-p RELAY - 6:30 AM - Pittsburgh, PA. (412)392-1021 / www.pittsburghmarathon.com.

FLYING PIG MARATHON/ HALF/ 4-p RELAY / 10K / 5K - 6:30 AM - Cincinnati, OH. (513)721-PIGS / www.flyingpigmarathon.com.

VANCOUVER INT'L MARATHON/ HALF/ 5-p RELAY/ 8K/ KIDS' MARAFUN - 6:00 AM - Vancouver, B.C., CANADA. www.bmovanmarathon.ca.

May 8 - Friday

RELAY FOR LIFE RUNNING/WALKING - 6:00 PM - Weatherford. (817)737-9990 / www.cancer.org

RELAY FOR LIFE RUNNING/WALKING - 7:00 PM - Irving. (214)819-1200 / www.cancer.org

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May 9 - Saturday

5th ANNUAL JACKRABBIT RUN 4 HOPE - 8:00 AM - Ogletree Gap, one mile west of Copperas Cove on Hwy 190. A great race through the scenic hill country of the Ogletree Gap (Copperas Cove Texas) residential area. Each Runner/Walker gets a Dri-Fit shirt. 10K Run, 5K Run, or 5K Walk All races are chipped timed and USAT&F certified. <http://www.rabbitrun4hope.com/>

RELAY FOR LIFE RUNNING/WALKING - 6:00 AM - Weatherford. (817)737-9990 / www.cancer.org

RELAY FOR LIFE RUNNING/WALKING - 7:00 AM - Irving. (214)819-1200 / www.cancer.org

DUFF FUN RUN 5K / 1 MILE - 8:00 AM - Duff Elementary, 3100 Lynnwood, Arlington, TX 76013. \$12/\$15 (\$10/\$12 - Students) by 5/2. (817)366-2621 / jowens@arlingtonphysicians.com / www.runningintheusa.com/jeph. Benefits construction of Duff Elementary Track. Race will be followed by the school carnival.

BUFFALO BOOGIE RUN 5K / 1M Fun R/W - 8:00 AM - Ft Worth Nature Ctr & Refuge, off Hwy 199. (817)237-1111 / www.buffaloboogie.org

'STANG STAMPEDE 5K - 8:30 AM - Monnig Middle School, 3136 Bigham, Fort Worth. (817)377-7250 / (817)735-8135.

DALLAS AREA SENIOR GAMES TRACK - 12:00 NOON - 50m - 1500m, TBD, Dallas. (214)670-6266.

SOUTHLAKE KIWANIS CLUB RUN FOR KIDS 5K / 1 MILE - 8:00 AM - Carroll Senior HS, Southlake. (817)577-9299 / www.active.com.

ROCKWALL FCA FUN RUN 5K / DOG JOG / KIDS' K - 8:00 AM - Eclipse Fitness, Rockwall. (214)237-5114 / www.fcadallas.org.

THE FAITH RUN 5K / 1K Fun Run - 8:30 AM - Parker Square, Flower Mound. (972)235-2513 / www.thefaithrun.com.

LOVEJOY COUNTRY RUN 5K / 1M Run/Walk - 8:00 AM - Lovejoy High School, Lucas. (214)528-1290 / www.lovejoyleopard.com/countryrun.

HOPE FOR BATTEN CURE 5K/ 2M/ 1K - 9:00 AM - Bachman Lake Trail, 500 W NW Hwy, Dallas. (972)497-9705/ www.bdsra.leapservice.com.

KOMEN TYLER RACE FOR THE CURE 5K / 1 MILE - 8:00 AM - Bergfeld Park, Tyler. (903)561-6992 / www.komentyler.org

2nd ANNUAL GODLEY CHAMBER OF COMMERCE FUN RUN - 8:00 AM - Godley City Park, Godley, TX. For more info, go to www.projectwalk.org / www.pressingontx.com / tmckittrick@windstream.net /

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abbott5121@windstream.net / faram42@hotmail.com or call 817-389-2804.

Benefiting the Stand Up Foundation, "Making A Stand For Paralysis."

DUFF DERBY 5K / 1 MILE - 8:00 AM - Duff Elementary, 3100 Lynnwood, Arlington, TX 76013. \$12/\$15 (\$10/\$12 - Students) by 5/2. (817)366-2621 /

jowens@arlingtonphysicians.com / www.runningintheusa.com/jeph. Benefits construction of Duff Elementary Track. Race will be followed by the school carnival.

May 10 - Sunday

Network of Strength -- (877)963-7223) x 2738 / (800)221-2141 /

www.networkofstrength.org.

WALK TO EMPOWER BREAST CANCER 5K / 3 MILE / 1M Run/Walk - 8:00 AM - Grant Park, Chicago, IL.

WALK TO EMPOWER BREAST CANCER 3 MILE Walk - 9:00 AM - Sam Houston Park, Houston, TX.

WALK TO EMPOWER BREAST CANCER 3 MILE Walk - 8:00 AM - River West Festival Park, Tulsa, OK.

May 12 - Tuesday

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

May 14 - Thursday

MICHELOB ULTRA KATY TRAIL 5K/ KIDS' 0.5K Run/Walk/Skate - 6:15 PM - Reverchon Park, Dallas. (214)303-1180 / www.katytraildallas.org

May 15 - Friday

RELAY FOR LIFE RUNNING/WALKING - 6:00 PM - Lewisville. (817)737-9990 / www.cancer.org

RELAY FOR LIFE RUNNING/WALKING - 6:00 PM - Garland / Mesquite. (214)819-1200 / www.cancer.org

RELAY FOR LIFE RUNNING/WALKING - 7:00 PM - DeSoto / Midlothian. (214)819-1200 / www.cancer.org

*Fort Worth Runners Club
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May 16 - Saturday

THE WEST FORK RIVER RUN – 8:00 AM – Living Water Church, 109 S Roberts Cut Off Fort Worth TX 76114 - west of Downtown Fort Worth. Contact information 817-999-6774 (Joey Bain). <http://www.lwchurch.us/>

2nd CHANCE RUN 5K Run/Walk – 7:30 AM – Along the Trinity River in Fort Worth (starts at LifeGift's office, 1701 River Run). Goal is to educate the community and promote organ donation. Visit www.lifegift.org or call 817- 817-870-0060 for more details. *Everyone Wins With A Second Chance.*

RELAY FOR LIFE RUNNING/WALKING – 6:00 AM – Lewisville. (817)737-9990 / www.cancer.org

RELAY FOR LIFE RUNNING/WALKING – 6:00 AM – Garland / Mesquite. (214)819-1200 / www.cancer.org

RELAY FOR LIFE RUNNING/WALKING – 7:00 AM – DeSoto / Midlothian. (214)819-1200 / www.cancer.org

STRUT YOUR STUFF FOR SNAP 5K/ 1M R/W [Strut your Mutt for dogs] – 8:00 AM – Bob Eden Park,. Euless. (214)673-3294 / www.ntxsnap.org.

THE HEART BEAT 5K Run/Walk – 8:30 AM – Texas Health Presbyterian Hospital, Dallas. (214)345-5551/ / www.texashealth.org/giving

DREAMS ON WINGS 5K – 8:00 AM – Parker County Phys. Therapy, 879 E. Eureka, Weatherford. (817)312-2265 / www.hemifoundation.org.

RUN FOR THE CHILDREN 10K/ 5K/ 1K – 8:00 AM – 3rd & Oak by the Downtown Sq, Graham, TX. (940)549-2901/ www.runforthechildrentx.org.

TRIUMPH OVER PAIN 5K/ 1M R/W/R – 8:30 AM – Cooper Fitness Ctr, 7910 Collin McKinney Pkwy, McKinney. (214)724-7572 / www.triumphoverpain.org.

AZLE LAKE 10K/ 2M Run/Walk – 8:00 AM – Azle High School, 1200 Boyd Road [FM 530 North], Azle. (817)444-2929 / www.runazle.org

LONGHORN CLASSIC 10K / 5K – 8:00 AM – Cedar Hill High School, Cedar Hill. (972)291-6276.

ARTHRITIS WALK & HEALTH FAIR 5K/ 1M – 9:00 AM – Park Central, 12700 Park Central Dr, Dallas.(800)442-6653 / www.dallasarthritiswalk.org

WALK FOR LIFE 5K / 1K – 9:30 AM – Randol Mill Park, Arlington. (817)299-9599 / www.walk.friendsofapc.com.

FIGHT FOR AIR CLIMB - DALLAS STAIRCLIMB (56 floors) – 9:00 AM – Renaissance Tower, Dallas. (214)631-5864 / www.texaslung.org.

GREAT STRIDES WALKATHON 5K – 9:00 AM – Granbury City Park, Pearl & Park, Granbury. (817)249-7744/ <http://fortworth.cff.org/greatstrides>.

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GREAT STRIDES WALKATHON 5K - 9:30 AM - Fair Park, Dallas. (214)871-2222 / www.cff.org/northeast-texas.htm.

STEP FORWARD TO CURE TUBEROUS SCLEROSIS 2M WALKATHON - 11:00 AM - Frisco Commons, Frisco. (972)668-5098 / www.tsalliance.org.

TRAIL WALK 5K - 8:30 AM - Verizon parking lot, 2400 N. Glenville Dr, Richardson. (972)498-7678 / www.active.com.

DALLAS VISIONWALK 5K - 10:00 AM - Winfrey Point, White Rock Lake, Dallas. (972)540-0190/ www.fightblindness.org / www.visionwalk.org

SPEAK UP FOR KIDS 5K - 8:00 AM - Yellow Jacket Stadium, 1201 W. Henderson, Cleburne. \$10/\$25 by 5/01. (817)558-6995 / www.casajohnsoncounty.org. Benefits CASA of Johnson County - advocates for abused & homeless kids.

May 17 - Sunday

NORTH TRAIL HALF MARATHON - 7:00 AM - NW Highway & Goforth, (Flagpole Hill), Dallas. (214)821-0909 / www.thrustonracing.com



FWRC "THE BUD RUN" 10K

8:00 AM

Trinity Park Pavilion #3

Fort Worth

(817)654-5390

www.fwrunners.org.

Sign up Online:

http://www.active.com/event_detail.cfm?event_id=1741885

Check out the course: [HERE](#)

BAGEL RUN 10K / 5K / KIDS' 1K - 8:00 AM - Aaron Family JCC, 7900 Northaven, Dallas. (214)739-2737 / www.jccdallas.org.

98th BAY TO BREAKERS 12K - 8:00 AM - San Francisco, CA. (415)359-2800 / www.ingbaytobreakers.com. World's largest foot race -- up to 100,000 runners/walkers (110,000 in 1986) in a moveable block party.

PIONEER PACE 5K / 3K Walk - 8:00 AM - Hubbard Hall, Texas Woman's University, Denton, \$12/\$15/\$20/\$25 by 5/10. (940)231-7155 / (817)343-3010 / www.twu.edu. TWU's Student Dietetic Assoc. & Our Daily Bread Soup Kitchen.

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TAKE STEPS, BE HEARD WALK FOR CROHN'S & COLITIS 3K / 1K – 6:00 PM – Reverchon Park, 3505 Maple Ave, Dallas. Pledges \$100+ for a T-shirt. (972)386-0607 / www.cctakesteps.org / www.ccfa.org. Benefits research to find cures for digestive diseases.

May 20 - Wednesday

RIDE OF SILENCE – 7:00 PM – (“in memory of Larry Schwartz and to remember all cyclists killed by motorists”), near Tee Pee hill, White Rock Lake, Dallas. (972)698-8732/ coachphelan@yahoo.com / www.rideofsilence.org. “Bring our sorrow. Hear the roar of silence.”

May 23 - Saturday

5K FOR THE FIREMEN / 1MILE – 8:00 AM – Arborlawn United Meth. Ch, 5001 Briarhaven, Ft. Worth. (817)819-5530 / www.firemens5k.com.

POLKAFEST 10K / 5K/ 1 MILE – 7:00 AM – Ennis. (972)878-2625 / www.ennispolkarun.com. Race followed by world-famous PolkaFest.

AMERICAN HEROES MEMORIAL DAY 10K/ 5K/ 1K – 8:00 AM – Ballpark in Arlington, Arlington.(817)879-3969 / www.americanheroesrace.com.

RED NOSE RUN 5K / 1 MILE – 8:30 AM – Woodall Rodgers Plaza, Dallas. (214)821-0909 / www.dfwrednoserun.com.

RINGLING BROTHERS RED NOSE RUN – 8:30 AM – Woodall Rodgers Plaza in Dallas. Contact Michael at michael@prochallengeinc.com or 214.276.6903 for a team discount: For 10 people to participate it will only cost \$250, and will also include 10 tickets to the Ringling Bros and Barnum & Bailey Circus at the American Airlines Center or the Fort Worth Convention Center. Or, for more info go to <http://www.dfwrednoserun.com/>

DECATUR 5K, JACKIE'S RACE FOR RECOVERY – 8:30 AM – Wise County Veterans Park, 404 North Trinity. For more info go to www.jackiemurphree.com or 940-393-0624 or 940-627-2708. Benefits Jackie's recovery... for more info, go to www.jackiemurphree.com to read about Jackie's story.

May 25 - Monday

3rd ANNUAL PEACEFUL TOMORROWS WITH OUR TROOPS & VETS (PCTV III) 5K Run/Walk – 8:00 AM – Mike Lewis Park, 2410 N. Carrier Pkwy, Grand Prairie 75050. \$8/\$10 by 5/21 + toiletries and personal health care items for SafeHaven of

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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. Complete results on the Web. (817)265-4578 / jephaa@yahoo.com / www.active.com/event_detail.cfm?event_id=1720473 / www.runningintheusa.com/jeph.

MEMORIAL DAY 20K / 5K - 7:00 AM - Bath House, White Rock Lake, Dallas. (214)821-0909 / www.thrustonracing.com / www.active.com.

MEMORIAL 10K / 5K / 1K - 8:00 AM - Stonebridge Ranch Beach Club, McKinney. (214)726-9886 / michhudd@flash.net / www.active.com.

BOLDER BOULDER (Memorial Day) 10K - 7:00 AM - Boulder, CO. (303)444-RACE(7223) / www.bolderboulder.com.

23rd LOS ANGELES MARATHON / 5K - 7:30 AM - Los Angeles, CA. (310)444-5544 / www.lamarathon.com.

May 29 -Friday

RELAY FOR LIFE RUNNING/WALKING - 6:00 PM - Terrell. (214)819-1200 / www.cancer.org

RELAY FOR LIFE RUNNING/WALKING - 7:00 PM - Allen / Carrollton. (214)819-1200 / www.cancer.org

May 30 -Saturday

RELAY FOR LIFE RUNNING/WALKING - 6:00 AM - Terrell. (214)819-1200 / www.cancer.org

RELAY FOR LIFE RUNNING/WALKING - 7:00 AM - Allen / Carrollton. (214)819-1200 / www.cancer.org

FW CAN ACADEMY 5K / 1MILE - 8:00 AM - Fort Worth. www.runtimercingsservices.com. Benefits Fort Worth Can Academy.

PLANO PACERS REMEMBRANCE 5K / 1 MILE - 8:00 AM - Harrington Park, Plano. (972)967-PACE (7223)/ www.planopacers.org.

ACTON NATURE RUN 5K - 8:00 AM - Acton Nature Center, 6900 Smoky Hill Ct. This beautiful natural setting will offer trails through wildflowers, a butterfly garden, native Texas vegetation, a historic windmill and farmhouse in a country setting just minutes from downtown Granbury shopping. For more info, go to <http://www.actonnaturecenter.org/> and register online at http://www.active.com/page/Event_Details.htm?event_id=1713784&assetId=B9504BF7-2110-4DC1-9613-4FCE81619CD8

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ADVENTURE BOOT CAMP 5K FUN RUN – 8:00 AM – Lewisville Amphitheater, 3049 Lake Vista Dr., Lewisville, TX. For more info go to <http://www.northtexasbootcamp.com/5k/> This race is benefiting Clay Fite, a 5-yr old burn patient.

RACE FOR AWARENESS 5K Fun Run – 8:00 AM – Hosted by UNT Social Work Students. North Lakes Park, 2001 W. Windsor Dr., Denton, TX 76207. To register and for more information please visit our website: <http://www.raceforawareness.com> or contact Abby Hansen at 469-363-0468 or raceforawareness@gmail.com.

RUIDOSO SPRINT TRIATHLON – 7.30 AM – Ruidoso, NM. 3.5 mile Run, 10 mile bike, 400 yard swim. For registration go to www.active.com or www.ruidosoathleticclub.com

RUN SAVANNAH 5K & 1 Mile Run/Walk w/ Your Dog – 8:00 AM – Savannah Elementary School, 1101 Cotton Exchange Dr, Aubrey, TX. Benefits: Communities In Schools of North Texas, helping at-risk students to overcome barriers, succeed in school and prepare for life. For more info, go to <http://www.cisnt.org/>

May 31 -Sunday

CARROLLTON RUNNERS 5K / 1 MILE – 7:30 AM – McInnish Park, Carrollton. director@carrolltonrunners.com.

TAKE STEPS, BE HEARD WALK FOR CROHN'S & COLITIS 3K / 1K – 6:00 PM – Trinity Park (Near 7th Ave & Strayton, Fort Worth. Pledges. \$100+ for a T-shirt. (972)386-0607 / www.cctakesteps.org / www.ccfa.org. Benefits research to find cures for digestive diseases.

ROCK 'N' ROLL MARATHON/ 4-p RELAY – 6:30 AM – San Diego, CA. (800)311-1255/ www.rnrmarathon.com Plenty of music bands...

June 4 - Thursday

TRINITY 5000 Summer Race Series – 7:30 PM – Trinity Trail Park. (Off 600 Woodward St and 500 N. Henderson, just across from the Henderson bridge. It is near the Haws Rec Center and the Fort Worth Fire Training Center--walk over the hill to the start by the river). Registration is on-site on race day, starting at 6:30. *Series dates are: June 4, 11, 18, 25, 2, 9, 16, 23, 30 & August 6, 13, 20.* For more info: call Ricky at 817-534-1283 or 817-298-0242. And also, Trinity5000Runn...@yahoo.com. You can find fliers for the series at your local running stores.

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June 6 - Saturday

LIONS CLUB X-SIGHT-MENT 5K/ 1M - 7:30 AM - Colleyville Center, Colleyville.
(817)291-1562/ www.colleyvillelions.com/xsightmen

RED, WHITE AND BLUE 5K / 1K - 8:00 AM - Unity (Briarhill) Park, 2250 Briarhill Blvd, Highland Village. (972)317-7430 / (469)713-5196.

THE ALLEY RUN 10K / 5K / 1 MILE - 7:00 AM - Downtown, Longview. (903)237-4040 / www.alleyfest.org

DRC BLOOMIN' 4 MILE - 8:00 AM - Winfrey Point, White Rock Lake, Dallas.
(214)432-6619.

USATF SW ASSOC. OPEN / MASTERS CHAMPIONSHIPS - 8:30 AM - Coppell HS, Coppell. (214)766-2854 / www.dallasmasters.com.

KOMEN N TX RACE FOR THE CURE 5K/ 1M/ 50-yd - 8:00 AM - EDS/ Legacy at Parkwood Dr, Plano (972)378-4808 / www.komennorthtexas.org.

TRINITY 5000 Summer Race Series - 7:30 PM - Trinity Trail Park. (Off 600 Woodward St and 500 N. Henderson, just across from the Henderson bridge. It is near the Haws Rec Center and the Fort Worth Fire Training Center--walk over the hill to the start by the river). Registration is on-site on race day, starting at 6:30. *Series dates are: June 4, 11, 18, 25, 2, 9, 16, 23, 30 & August 6, 13, 20.* For more info: call Ricky at 817-534-1283 or 817-298-0242. And also, Trinity5000Runn...@yahoo.com. You can find fliers for the series at your local running stores.

June 7 - Sunday

GREAT STRIDES WALKATHON 5K - 9:00 AM - Six Flags Over Texas, Arlington.
(817)249-7744 / www.cff.org/great_strides

BURLESON RUNNERS 2-HOUR TRACK RELAY - 6:00 PM - Site TBD. Burleson.
(817)496-3734.

COUNCIL BLUFFS HALF MARATHON/ 5K/ KIDS' MILE - 7:00 AM - Council Bluffs, IA. www.councilbluffshalfmarathon.com

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

June 13 - Saturday

JUNETEENTH 1 MILE Run/Walk - 9:00 AM - Juneteenth Museum, 901 E. Rosedale Street, Fort Worth, Tx 76104. \$8/\$10 by 6/9. A long downhill finish. Parade & steppin'

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music will be in the air! 3-deep performance awards, 5-yr age groups incl. 6 & under AND 80 & over. (817)265-4578/ (817)531-2381/ jephaa@yahoo.com / www.active.com/event_detail.cfm?event_id=1726652 / www.runningintheusa.com/jeph. Benefits Juneteenth Organization student scholarships. A slightly challenging loop out-and-back course, with a 1/4 Mile+ downhill, fast finish! Markers every 1/4 Mile!
Come, race against the clock!

RUNNING DOWN A DREAM 5K / 1M - 7:30 AM - 1st United Meth Church of Hurst, 521 W Pipeline, Hurst. (817)282-7384/ www.fumchurch.org.

DUBLIN DR PEPPER 10-2-4K - 8:00 AM - Dublin Dr Pepper Plant, Dublin, TX. (888)398-1024 / (254)445-2975 / www.dublindrpepper.com /

DAD'S DAY & DADFEST 5K / 50 yd / DIAPER DASH - 8:00 AM - Galatyn Park Plaza, Richardson. (972)235-2513/ www.dadfest.com.

BOOMTOWN DAYS HALF MARATHON / 5K - 7:00 AM - Joplin, MO. (417)299-1545/ www.boomtownrun.com

June 20 - Saturday

6TH ANNUAL MID-YEAR MUSE & MOTION (MMM VI) 5K Run/Walk - 7:45 AM - River Legacy Parks, 701 NW Green Oaks Blvd, Arlington, TX 76006. \$8/\$10 by 6/16 + New/Used books in good condition. 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=1726646 /

www.runningintheusa.com/jeph. Net proceeds benefit H.O.P.E. (Helping Our Pupils Excel) Reading & Tutoring program - for 4th Grade - 8th Grade kids.

Another beautiful, relatively flat & fast, mostly tree-shaded & accurate trail course in Arlington. (SST #1 race)

GARDEN OF EDEN 5K / 1 MILE - 8:00 AM - Valley Baptist Church 6013 Elliott Reeder Road, Fort Worth. (817)759-1874.

EUSTACE PIONEER DAY 5K Run/Walk - 8:00 AM - Eustace Town Square, Eustace, TX. (903)425-5255 / www.eustaceisd.net

RUN FOR DAD 5K - 8:00 AM - Fort Worth. info@runtimeracingservices.com / www.runtimeracingservices.com

SPEAK UP FOR KIDS CASA 5K / KIDS' 1K - 9:00 AM - Decatur square, Decatur. (940)206-3291 / www.casa5k.org/decatur/index.htm.

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"LIGHT THE NIGHT FOR SIGHT" WALKATHON 1 MILE - 7:00 PM - Alcon Labs, Fort Worth. (817)332-8125 / www.preventblindnessfw.org

GRANDMA'S MARATHON/ HALF - 6:30 AM - Duluth, MN. (218)727-0947 / www.grandmasmarathon.com.

PANTEGO CAMP THURMAN'S TEAM ADVENTURE RACE 1MILE/ SWIM/ CLIMBING - 8:00 AM - Camp Thurman, 3001 Sarah Dr, Arlington. \$10/\$15 by 6/15. www.campthurman.org. Benefits Camp Thurman Youth Scholarships.

PAUL SKEFFINGTON MEMORIAL RACE 5MILE / 2MILE - 8:00 AM - DeWitt, IA. (563)659-8900 / info@dewitt.org

June 21 - Sunday

SUMMER SOLSTICE DUATHLON 5K Run/Walk - 7:30 AM - (Duathlon), Bath House, White Rock L, Dallas. (214)821-0909/ www.thrustonracing.com.

FATHER'S DAY FUN FEST 5K/ 1K (FISHING TOURNEY, CLASSIC CAR SHOW) - 8:00 AM - McKinney. (214)726-9886 / michhudd@flash.net

June 27 - Saturday

MID-YEAR MUSE & MOTION 5K Run/Walk - 7:45 AM - Arlington (for HOPE Tutoring & Reading Program) Details later.

ISC FESTIVAL 5K NIGHT RUN - 6:45 PM - Farrington Field, 1501 University Dr., Fort Worth. This event benefits the American Sokol Gymnastics. The American Sokol, USA Gymnastics, & the City of Fort Worth are hosting the 2009 International Sport and Cultural Festival. For more info go to <http://www.slet2009.com/> or contact Deanne at 817-821-8302.

PLANO PACERS MILLET MILE 5K / 1 MILE / 1K - 8:00 AM - Harrington Park, Plano. (972)967-7223 / www.planopacers.org.

TEXAS MASTERS CHAMPIONSHIPS - 9:00 AM - Coppell High School, Dallas. Field Events; 1800 Track events. \$20/\$25 by 6/23 for 1st event, \$5 per add'l event. (817)274-0448 / www.dallasmasters.com.

June 27 & 28 - Saturday & Sunday

WESTERN STATES ENDURANCE RUN 100 MILE - Squaw Valley to Auburn, CA. "... over mountains, in 100+ degree heat...." Golden Belt Buckle awards to finishers in under 24 hours. In 2004, 278 of 370 starters finished, 89 in under 24 hours; the longest finish time was 30 hours. (916)638-1161 / 387-8796 / www.ws100.com.

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June 28 - Sunday

FWRC THE THREEAMIGOS 4 MILE - 8:00 AM - Trinity Park Pavilion #3, Fort Worth
(817)654-5390/ www.fwrunners.org.

CARROLLTON RUNNERS 5K / 1 MILE - 7:30 AM - McInnish Park, Carrollton.
director@carrolltonrunners.com.

KONA MARATHON / HALF MARATHON 10K / 5K - 5:30 AM - Kona, HI. (808)325-
0287 / www.konamarathon.com

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