

Fort Worth Runners Club
Area Race Calendar

Races outside DFW area in DARK RED.

July 2 - 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.

July 4 - Saturday

THE RYAN RUN 5K RUN/WALK – 7:30 AM – Daggett Elementary School, 958 Page St. (near Elizabeth Blvd) Fort Worth, TX 76110. 817-690-5640 / <http://www.runningintheusa.com/jeph>. Benefits Ryan Place Improvement Association.

TROPHY CLUB 4th OF JULY 5K / 1 MILE – 7:00 AM – Lake Cities Church of Christ, Trophy Club. (682)831-4603 / www.ci.trophyclub.tx.us

DENTON PARKS & REC LIBERTY 5K / 1 MILE – 7:30 AM – North Lakes Rec Ctr, Denton. (940)349-7275 / www.dentonparks.com.

UNIVERSITY PARK FIRECRACKER 5K – 7:30 AM – Curtis park, University Park. (214)987-5488 / www.uptexas.org.

FLAGPOLE 8K / TADPOLE 2K – 7:30 AM – Flagpole Hill, NW Hwy & Goforth, Dallas. (214)821-0909 / www.thrustonracing.com

LIBERTY 5K / 1 MILE – 8:00 AM – Stewart Creek Park, 3700 Sparks Rd., The Colony. (972)625-1106 / www.Libertybythelake.com

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

DRC INDEPENDENCE DAY 10K / 5K – 8:00 AM – Sunset Bay, White Rock Lake, Dallas, (214)432-6619.

FIRECRACKER 5000 – 8:00 AM – Trinity Park, Fort Worth.
www.runtimeracingservices.com

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July 11 - Saturday

GRANBURY FREEDOM 5K and FUN RUN - 7:00 AM - Hood County Public Library - next to Shanley Park. 222 North Travis St., Granbury, TX 76048. Unite with us in celebrating our FREEDOM this July by joining us in Granbury Texas for a 5K & 1 mile Fun Run. Race course winds along our historic down town area traveling by Bed & Breakfasts, through a portion of our City Park and inside the Moments in Time Hike Bike Trail. The course finishes in Shanley Park where we will hold our celebration and awards ceremony. We are excited to benefit Team Planting Network with a portion of our proceeds. Please visit our web-site www.cadenceraceproductions.com for more information about this non-profit organization.

RACE AGAINST MISOGYNY & SEXISM (RAMS III) 5K Run/Walk - 7:45 AM - River Legacy Parks, 701 NW Green Oaks Blvd, Arlington, TX, 76006. 817-265-4578 / <http://www.runningintheusa.com/jeph> Benefits Girls, Inc. (of Arlington) and SafeHaven of Tarrant County - advocacy for and empowerment of women & girls.

July 14 - Tuesday

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

July 18 - Saturday

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

TOO HOT TO HANDLE 15K / 5K - 7:30 AM - Winfrey Point, White Rock Lake, Dallas. (214)821-0909 / www.runontexas.com

July 19 - Sunday

FWRC HIGH NOON 1.2 MILE Run & CLUB PICNIC - 12:00 Noon - Trinity Park Pavilion #3, Fort Worth (817)654-5390/ www.fwrunners.org.

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

EL SCORCHO 50K / 25K - 12:00 Midnight - Trinity Park, Fort Worth. (817)731-1760 / www.elscorchorun.com.

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July 24 - Friday

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

July 25 - Saturday

COWBOY CAPITAL 5K STAMPEDE / 1 MILE Run/Walk - 8:30 AM - Stephenville City Park, 378 W Long St, Stephenville, TX, 76401. (254)965-3151 / cowboycapital5K@live.com / <http://www.runningintheusa.com/jeph>. Benefits Texas Lions Camp for medically handicapped children.

PLANO PACERS CHILDREN'S CHARITIES RUN 5K / 1K - 8:00 AM - Harrington Park, Plano, (972)967-PACE / www.planopacers.org.

QUAD-CITY TIMES BIX 7 MILE - 8:00 AM - Davenport, IA. (563)383-2489 / 383-5353 / www.bix7.com

21SM CAMP UNSUAL 5K Run/Walk - 8:30 AM - High Point Church, 2500 E. Arbrook, Arlington, TX 76014. (817)394-3087 / veronica.polka@highpointchurch.com / <http://www.runningintheusa.com/jeph>. Benefits 21 Student Ministries at High Point Church, incl. summer camp scholarships.

August 1 - Saturday

DRC CROSS COUNTRY RELAY 2M X 3 - 8:00 AM - Bath House, White Rock Lake, Dallas, (214)432-6619.

SUMMER SIZZLER (SSZ VII) 5K Run/Walk - 7:45 AM - River Legacy Parks, 701 NW Green Oaks, Blvd, Arlington, TX 76006. 817-265-4578 / <http://www.runningintheusa.com/jeph>. Benefits Arlington Life Shelter -- a compassionate, rehabilitative facility for some of the homeless in our midst.

August 8 - Saturday

RACE AGAINST HUNGER (RAH I) 5K Run/Walk - 7:45 AM - River Legacy Parks, 701 NW Green Oaks Blvd, Arlington, TX 76006. 817-265-4578 / <http://www.runningintheusa.com/jeph>. Benefits CROP (Communities Responding Overcome Poverty -- "Together, we're building a world where there is enough for all." - from CROP.

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August 15 - Saturday



FWRC Watermelon Run

Trinity Park Pavilion #3, Fort Worth

Register online at www.active.com or go here:
http://www.active.com/event_detail.cfm?event_id=1775330

-OR -

Register the day of the event at the race site.

August 12-16 - Wednesday-Sunday

Trans Slovenija ULTRA MARATHON - from Goričko to Piran (400 km, 5 stages).
Start: Hodoš - Wednesday, 12. August 2009 ob 8:00 - **Finish:** Tartinijev trg, Piran - Sunday, 16. August 2009. For more info, go to <http://trans-slo.si/en/>

August 29 - Saturday

AUGUST GUSTO (AGG VI) 5K Run/Walk - 7:45 AM - River Legacy Parks, 701 NW Green Oaks Blvd, Arlington, TX 76006. 817-265-4578 / <http://www.runningintheusa.com/jeph>. Benefits Arlington Charities - catering to needy families in our midst.

September 19 - Saturday

WILDCAT RUN 5K/1mile FUN RUN - 7:00 AM - St. Andrew Catholic School, 3304 Dryden Road, Fort Worth, TX 76109, 817.924.8917. Pancake breakfast, t-shirts, awards included in fees!

http://www.standrewsch.org/wildcat_run_2009/wildcat_run_2009.asp

COMMUNITIES AGAINST CRIME 5K / 1 Mile Run/Walk - 8:30 AM - River Legacy Parks, 701 NW Green Oaks Blvd, Arlington, TX 76006. 817-255-8820 /

<http://www.runningintheusa.com/jeph>. Benefits Community Partners of Tarrant County - to help the children served by Child Protective Services.

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September 26 - Saturday

PECAN FESTIVAL RUN 5K / 1K - 8:00 AM - Katherine Rose Memorial Park, 303 N.Walnut Creek Dr, Mansfield, TX 76063. The 5K course is USATF-certified. Mansfield Area Chamber of Commerce (817)473-0507 / sarah@mansfieldchamber.org / www.mansfieldchamber.org / www.runningintheusa.com/jeph.

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 info@fwrnners.org