

## Dexter-Ann Arbor Races Ready to Rock

by "KT" (Kristin Tomey)

With an Olympic Champion celebrity runner, a 10K National Championship, a new race management team, and no "cap" on the half marathon, the 2011 DX-AA should be the best ever!



Frank Shorter, 1972 Olympic Marathon Champion

The Ann Arbor Track Club is proud to host this year's half marathon, 10K, 5K, and Kids Run on Sunday, June 5<sup>th</sup> preceded by the Kids Run on June 4<sup>th</sup>. Several exciting things are in store at this year's event! Keep an eye out for Frank Shorter, '72 Olympic Marathon Champion on the USA Track and Field 10K Masters Race course. You can say "hi" to him in person at Saturday's Race Expo at Pioneer High, and AATC kids can meet him at

the Kids Run on Saturday. Other big changes this year include a bustling half marathon, anticipated to be the largest field in the history of the DX-AA. Andrea and husband

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## Doug Goodhue 2010 National Master of the Year

by Kevin Galvin

On April 12, the Road Runners Club of America announced the 2010 National Running Award winners. Included in this group of outstanding athletes and contributors to the sport is Ann Arbor Track Club member, Doug Goodhue, recipient of the RRCA's award for Male Master Road Runner of the Year. For Doug, this national award is a well deserved addition to the many road and track accolades he has received over the years. 69 years young, Goodhue has a long list of achievements including:

- U.S. 3000m and 20k records in the M-65 group.
- 2010 USA Masters 5K champion in the M-65 group (18:16).
- USA Track and Field 2010 Master Outstanding Athlete of the Year in the M 65 group.
- Running Times age group Outstanding Runner of the Year 5 times.

Note: If Doug can repeat the Running Times achievement in 2011, he will be only the second person to win the award every year within his age group, joining Norm Green, a USATF Masters Hall of Fame member, who achieved the feat in the 1980s.

Known among his running buddies as the "Silver Bullet", Doug is a standout in all race venues having won USATF Championship gold medals

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## Editor's Column — Share the Passion

by Terry Reilly, Managing Editor

Setting three world records in less than 90 minutes! Arguably the greatest one day performance in the history of track and field. And Jessie Owens did this right where our club runs on Tuesday nights – the University of Michigan outdoor track. Just part of the unique experience of being a member of the Ann Arbor Track Club.

Welcome to our resurrected club newsletter. I hope that you feel the passion for running as you read these articles. Most of our stories are from non-elite, every day runners who have fascinating insights and an ability to share those experiences.

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## President's Column — Paying Your Rent

by Mitch Garner, President

Shirley Chisholm, a famous American politician and author, once said, "Service is the rent we pay for the privilege of living on this earth." This first edition of the renewal of the Ann Arbor Track Club's newsletter is a testament to the volunteer service of many AATC members. As President, I am proud of the pervasive spirit of volunteerism in our club and the effort to re-launch this publication.

The AATC is first and foremost a volunteer organization. Without volunteers we could not exist. The AATC is flourishing, primarily because so many members, particularly our Board of Directors—Kevin Galvin, Brian Herrald, Mike Manz, Gary Morgan, Ellen Nitz, Terry Reilly, Stewart Wood and Nancy Yvanauskas, are all giving so much of themselves, their time and their talent. These are the people who make our club go.

Despite our current volunteer efforts, more volunteers are needed. Although our club is flourishing, there are so many things that we could do better with more volunteers. One of the nice things about being a volunteer is that it is not competitive. You are not required to post a sub-3 hour marathon to qualify. Anyone with an interest in running or service can be a volunteer.

I encourage you to get involved with our club as a volunteer. As a volunteer myself, I have found that service to our club can be very personally rewarding. Service is its own reward - whatever you give as a volunteer you receive back many times more in happiness and fulfillment. As I grow older, I increasingly recognize the happiness that is in giving, not the receiving. Finally, by volunteering, you are making the world a better place.

"Service is the rent we pay for living". What a great thought as we approach the Dexter-Ann Arbor Run (DXA2), AATC's "crown jewel." The DXA2 (and other AATC races) is an opportunity to pay your rent by volunteering and being part of something that is bigger than yourself.

To volunteer for the DXA2, please go to the DXA2 website at [www.dexterannarborryun.com/volunteer](http://www.dexterannarborryun.com/volunteer) and register for volunteer service. No task, no matter how small, is unworthy of your help.

Now pay your rent!

## Ann Arbor Track Club Information

**Officers** – President: Mitch Garner, Vice President: Kevin Galvin, Treasurer: Terry Reilly, Secretary: Ellen Nitz

**Board of Directors** – Brian Harreld, Mike Mantz, Gary Morgan, Stewart Wood, Nancy Yvanauskas

**Newsletter Team** – Design and Layout: Jocelyn Anderson, Electronic Distribution: Jay Smith,

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## Burns Park Run Reaches New Heights by Tracey Cohen

“This is a run for the community, not only for Burns Park Elementary,” emphasizes Jackie Dalton, co-race director of the 33rd annual Burns Park Run, held May 1st at the corner of Wells and Baldwin in Ann Arbor near the University of Michigan campus.

And the community came out in droves. Neither clouds nor rain discouraged more than 1,200 men, women, children and a record number of schools, raising funds for their own Parent Teacher Organizations, as well as more than one hundred volunteers, from participating in this remarkable event.

Marathon great and ‘running legend,’ Doug Kurtis, started the day by leading our youth through a series of warm ups before sending them off on their 5K run through the charming, well maintained neighborhoods. Shortly thereafter, Kurtis took on the two-loop 10K course and emerged master’s champion, second overall, 39:40, fast on the heels of frontrunner, Alex Jakle, 38:34.

The neighborly course must not be confused with child’s play. Frequent twists and turns kept runners on their toes, and a set of seriously sizable hills in the final mile, double the trouble, twice the fun for Kurtis, Jakle and the rest of the 10K field, proved challenging for runners, young and old.



Thirteen year old, 5K finisher, Craig Campbell thought the course, “hard” and much preferred the flat, soft surface of the fun run, which he won handily after catching his breath from his earlier ordeal.

Likewise, University of Michigan Running Club member, junior Lindsay Doherty, also thought the 5/10K course tough but enjoyed the challenge of the hills and running through the neighborhoods.

Ann Arbor Track Club President, Mitch Garner,  
*Continued on page four*

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## Coach’s Corner - Tuesdays at the Track by Stani Bohac

Year-round, the AATC hosts Tuesday night workouts. They are coached interval workouts held on the University of Michigan Outdoor Track from April to October and on the University of Michigan Indoor Track from November to March. The workouts promote running, fitness, and friendship to a wide spectrum of participants.

At the front are some very talented and dedicated athletes including former college track stars, seasoned marathon runners, age group champions, a national record holder and an Olympian Race walker. But just as much a part of the workouts are new and long-time participants who run just for fun, to stay in shape, to get into shape, or who are training for a personal best in an upcoming race.

The interval workouts are short and intense, which many people enjoy as a nice change from their normal longer, slower runs. The total distance of hard intervals in a workout is about 5 kilometers (3.1 miles). The workouts are designed to improve one’s 5K time, but will also benefit performance in shorter track races ranging from 400 meters to 2 miles. The workouts will also help runners targeting longer races like a 10K, half marathon, or marathon, by improving leg turnover, form, and stamina. And whether you race or not, everyone enjoys the improvement in fitness and the comradery of the workouts.

So if you haven’t been to a Tuesday night workout – give it a try. Nobody is too slow or too fast. During the outdoor season we start at 7:00 p.m., but be sure to arrive early to warm up. For more information on location or to view the workout schedule, visit <http://www.aatrackclub.org/> and go to Events-Workouts.

Hope to see you on the track... 🌲



## 2011 Directed and Hosted Upcoming Races

Dexter - Ann Arbor Run	June 5, 2011	Andrea Highfield	<a href="mailto:andrea@champsforcharity.com">andrea@champsforcharity.com</a>
Run for CHUM	June 12, 2011	Chere Pepper	<a href="mailto:chere.pepper@dart.biz">chere.pepper@dart.biz</a>
Summer Track Mini-Meet	June 14, 2011	Stani Bohac	<a href="mailto:sbohac@umich.edu">sbohac@umich.edu</a>
Gallup Gallop	July 17, 2011	Chris Ogden	<a href="mailto:chrisogden@justsayrun.com">chrisogden@justsayrun.com</a>
Electric Bolt 5K	July 31, 2011	Jackie Dalton	<a href="mailto:JDalton@cch.org">JDalton@cch.org</a>
Kensington Challenge	Sept. 17, 2011	Doug Goodhue	<a href="mailto:douggoodhue@comcast.net">douggoodhue@comcast.net</a>
Cross Country Classic	Oct. 29, 2011	Ron Beasley	<a href="mailto:ronjasmine@aol.com">ronjasmine@aol.com</a>
Winter Track Mini-Meet	Dec. 13, 2011	Stani Bohac	<a href="mailto:sbohac@umich.edu">sbohac@umich.edu</a>



Craig Campbell

*Burns Park continued from page three*

maintains that the Burns Park Run is a “favorite” as he “loves the course” and all that the race “represents.”

“The Burns Park Run is a true embodiment of Americana. The involvement of the many volunteers reflects America’s unique spirit of volunteerism. It epitomizes what a community event should be, bringing together people of all ages, backgrounds and nationalities. I believe every school should have a race like this, developing the sport and love of running and physical fitness at the grass roots level.”

Dalton aspires to see continued growth of the event but impresses that success cannot be achieved without the support of their volunteers and sponsors for which she is truly grateful.

For complete results and more information on next year’s event, please visit <http://www.burnsparkrun.org/> 

*Dx-AA continued from page one*

Michael Highfield, the new race directors and owners of Champions for Charity, eliminated the 2,500 slot registration cap this year to meet the high demand. Andrea noted that the beefed up medical support and more efficient bus route will allow the race to go smoothly despite the additional runners. She expects 4000 runners, walkers, wheelers or strollers for the half marathon. Over 9000 participants are anticipated for all races combined.

Other innovations to an already spectacular event include a streamlined out-and-back 10K course, and late registration – you can even pay with a credit card on race day. Of course, some things haven’t changed, including the winding, scenic half marathon route. “It’s a beautiful course running along the Huron River” says Andrea Highfield. You can still enjoy delicious eats at the Taste of Ann Arbor after the race. This year’s Taste will feature “The DXA2 Fabulous and Fit Award,” presented to the tastiest and healthiest dish served at the event.

The race is truly a community effort, with over 300 volunteers and generous sponsors, including Integrated Health Associates, Med-Sport, NuStep, Terry B’s, University Musical Society, Ann Arbor Rehabilitation Centers, Bank of Ann Arbor, Busch’s, Mack Buick GMC, Ann Arbor State Bank, Noodles & Company, and Mercedes-Benz of Ann Arbor.

Andrea Highfield heartily encourages everyone to come out for the race this year. “It’s a tradition. The incredible course is a part of the fabric of this community and part of Ann Arbor’s history. Even if you don’t plan to run or walk the race, then volunteer or come out to cheer for the runners and enjoy the festive atmosphere.” 



# Observations of a New Runner at AATC Workouts By Bob Degutis

I've been a runner in the Ann Arbor area for about 8 years, and have heard about the Ann Arbor Track Club from other runners. I've seen the AATC singlet at the DX-AA race, Dances with Dirt, and the locally famous "Crazy Runs". But for some reason the idea of track workouts had intimidated me. I never ran in high school, and had very limited time on a real track. I needed a little push.



That push came from a running friend last summer. She had been going to the track workouts, and her times were improving. I figured it was time to give it a try, so I went one Tuesday night last summer. Meeting at the University of Michigan track is both a treat AND intimidating. I mean, records have been set here, Olympic Athletes have run this same track. So I was nervous.

What did calm me down right off the bat was the group meeting before practice. Stani Bohac, AATC Adult Track coach, started things off by asking who was new to the workouts. I was welcomed with a nice round of applause, which felt great. Announcements were read by Mitch Garner and Terry Reilly, and then Stani told us the workout. Now I was nervous again because it was time to line up. I can't remember the exact workout as it changes each week. Workouts usually total about 3 miles of speed work or what they call "intervals". Adding the recovery jogs, warm-up and cool down makes it about a 5 to 6 mile workout.

The running part of the workout is different than group runs. Since it's higher intensity there is less talk. Everyone is concentrating on the effort. It took me several sessions to get used to this. I'm used to

more chit-chat while running. But once I met people, we would talk on almost any catch-your-breath moment. Everyone says hi and catches up.

This winter we ran at the University of Michigan indoor track. It's nice to run in shorts during a Michigan Winter! For one workout we did a "paceline". Small groups formed by pace, and we ran single file with the last person sprinting to the front of each little group. It was great as 4 to 5 paceline groups would occasionally zoom past each other -organized chaos on a 6 lane highway! At another workout we formed relay teams and passed a baton to our team-mates. For someone who never ran track it was super-fun! I have yet to try an AATC "crazy run" but I will this year.

Here's what I took away from the "track" experience. Practicing running around race pace or faster once a week has made me feel much more prepared for a real race. But more importantly, I've had a ton of fun. I've met really nice people, and enjoyed a different kind of running compared to group runs. Not to mention running in a world-class setting that few towns in the country have available. I'd encourage anyone of any ability to come and try it out! 🌲

## Member Favorites

We'll ask about your "favorite" things related to running in each issue ... please nominate your favorite race t-shirt. Send the name of the race and T-shirt description (and photo, if possible) to [kteamail@gmail.com](mailto:kteamail@gmail.com).

*Share the Passion continued from page one*

Our goal is to present stories and information from the casual runner to the elite competitor. This issue covers that wide range. Bob Degutis describes the trepidation of joining a track workout for the first time since high school to the story on Doug Goodhue, world class masters. Our other contributors provide excellent commentary on races, club members, and training tips.

This is your newsletter and we want it to be interactive. Share your stories, a favorite experience or just a great post run recipe. And please send us your suggestions and ideas on what you would like

us to include or not include in the future. A great thank you to the AATC newsletter team that planned, developed and published this first effort. The first issue is always the hardest; a bit like taking that first run after a long layoff. We plan to publish again in July and strive for editions every other month.

See you on the roads and where Jesse Owens once ran! 🌲





John Bodley

## Thank You John Bodley

AATC would like to give a big thank you to **John Bodley** who was our accountant extraordinaire for ten years. John will be retiring from that position soon, and we will miss him. John's attention to detail and accuracy in his reporting has been greatly appreciated by all of us. John has been an amazing volunteer at our races and is also a runner. We wish John all the best and look forward to seeing him at the races.

– Board of Directors, Ann Arbor Track Club

*Doug Goodhue continued from page one*

in indoor and outdoor track, road racing and cross country. As the name implies, the RRCA is dedicated to the sport of road running and this is one area where Goodhue has excelled over the last several years.

While I've known Doug for several years and have been well aware that he regularly runs, and wins, races throughout the U.S., it wasn't until I looked at his Athlinks.com page that I realized how he has consistently dominated the sport of road racing from 1997 (beginning of the database). This source chronicles some of Doug's other achievements:

- 211 total races with 184 first place age group wins
- 15 half marathons with 14 first place age group wins and 1 second place finish
- 18 ten mile races with 14 first place age group wins, 2 second place and 2 fourth place finishes
- 14 15K races with 13 first place age group wins and 1 second place finish
- 45 10Ks with 41 AG wins, 3 second place and 1 third place (on the podium 100% of the time)
- 76 5K races with 71 AG wins (Doug wins 93% of the time)
- 39:25 in April at the Martian 10K at age 69
- 20K PR of 1:20:03 (6:26 pace) established a new U.S. AG record in September, 2010
- A string of 45 consecutive 1st place finishes

What is not reflected in these results is that Doug's winning age group times are usually better than the winning times in many of the younger age groups! While he gets much deserved recognition for his running achievements, he also gives much to the sport. Doug has been a member of the AATC since the early 1980s and can be seen at the weekly Tuesday night workouts and most of the club sponsored events. You can also find him at the Novi Running Fit store where he works and gives advice to Doug Goodhue wannabes (there are lots of us!).



Doug Goodhue

Almost anywhere there is running activity in Southeast Michigan, Doug is there. With the help of his wife, Cindy (also an avid runner and strong competitor), he directs the Kensington Challenge. For the past two years, he has been the committee chair for the USATF Masters 10K National Championship, run in conjunction with the Dexter – Ann Arbor Run. Doug was the driving force that brought this race to Ann Arbor.

He coaches the Running Fit 501 Training Team and a running group in his hometown of Milford, MI. In the past, he was an active member of the Front Line Racing Team and the Brighton Area Road Striders. However, in recent years, Doug has made the Ann Arbor Track Club his primary club affiliation and proudly races wearing the AATC singlet. He credits the AATC with being a great source of support to him while providing a network of many of his best friends. Doug enjoys giving back to the club through volunteering and providing expert advice at all of the club events.

Doug is a positive example to all runners - young and old, beginners and veterans. From his most recent performances in races it's obvious that he shows no signs of slowing down. And, that's good for him, good for the sport and very, very good for the AATC! Congratulations, Doug, on your well earned award! 🌲



## Huggins and Messenger Conquer Boston - "Together" by KT Tomey

Fans cheering along Boston's Heartbreak Hill last month probably thought the two competitors tackling the ascent side-by-side, seemingly in lockstep, were sisters. Even close friends do a double-take when they see the pair striding along at the same pace, each with a long braid swinging behind her, both sporting the same broad smile.

Though they look like sisters and are as close as sisters, Heather Huggins and Susanna Messenger didn't meet until 2006. They had their first conversation at the holiday party in the Department of Ecology and Evolutionary Biology at U of M where Susanna is earning her PhD and Heather works with the botanical research plant collection. Over cocktails, they discovered a common love for running, a similar pace, and were soon training for the Detroit Marathon together.

Their friendship started with running but the two have shared much more. Two years ago each had her first child. The 'sisters' and their husbands set up a rotating schedule to care for their babies, and they still work collectively to care for their toddlers. While juggling family, work or school, Heather and Susanna make time to train together at least three days per week. "Nearly all of my hard runs are done with Sus," says Heather. "Honestly, it's fairly hard to do them without her. We run the same pace, so whether it's a tempo run, a track workout or a long run, we can always stay together."



Susanna Messenger, left, and Heather Huggins, right

They ran Boston slower than their goal time, but supported each other through the entire race, crossing the finish line at the exact same moment - together!

Next up? Not surprisingly, the same races are on the horizon for Susanna and Heather: the Dexter-AA Half, the Charlevoix Marathon and the North Country Trail Marathon. 🌲

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## AATC and National Race Results

**Boston Marathon** 3:40:47 David Bach; 4:11:26 Chuck Bayer; 3:53:20 Charlotte Carne; 4:41:11 Richard Cassidy; 3:52:44 Jonwaine Collins; 4:12:39 Pamela Conklin; 3:42:59 Mariza Delamerced; 3:36:14 Jennifer Fike; 3:34:11 Heather Huggins; 4:21:03 Roland Kibler; 4:17:52 Phillip Kroll; 3:31:12 Phil MacBride; 3:34:11 Susanna Messenger; 4:01:13 Gary Morgan; 3:28:28 Jeff Moyer; 3:16:54 James Smith; 4:18:03 Reed Swanson

**Run Like Rutka 5K** Mike Manz 20:56 1st M Masters; Ellen Nitz 27:58 1st Grand Masters; Peter Hallop 21:13 1st Grand Masters; Diane Scarpace 27:10 1st F 55-5; Mitch Garner 23:34 1st M 60-64; Lia Stevens 30:12 1st F 65-69; Malcolm Cohen 28:19 1st M 65-69

**Burns Park 10K** Tracey Cohen 49:30 1st 35-39; Allison Duval 44:35 2nd 30-34; Carmen Green-Lee 48:57 1st 45-49; Alex Jakle 38:34 Overall Male; Mike Manz 43:02 Grand Masters Male; Craig North 44:57 3rd 55-59; Jack Wallace 50:05 1st Boys - 5th Grade

**Burns Park 5K** Eric Cooper 24:35 6th Boys - 6th Grade; Rosemary Cruetz 26:45 3rd 50-54; Peter Cruetz 23:32 1st 55-59; Jon Desenberg 33:23 1st 75-79; Daniel Evans 23:00 51st Boys - 3rd Grade; David Evans 25:49 121st Boys - 3rd Grade; Kim Evans 23:50; Tim Evans 26:38 4th 50-54; Mitch Garner 23:10 1st 60-64; Adam Gaboury 20:05 1st Boys - 8th Grade; Anna Gilbert 30:35 14th 35-39; Paul Mayer 18:27 1st 40-44; Todd Mercer 52:24 59th 40-44; Ellen Nitz 27:55 1st 70-74; Rebecca Price 22:17 1st 50-54; John Richert 21:26 5th 40-44; Diane Scarpace 26:04 1st 55-59; Lucy Scott; Lia Stevens 28:37 1st 65-69; Mira Strauss 30:30 6th Girls - 4th Grade; Martin Strauss 29:16 27th 40-44; Zoe Sunahara 28:14 3rd Girls - 5th Grade; Megan Zeller 27:36 6th 25-29

**Reader Suvery Question** - Regarding the future distribution of our newsletter, which method do you prefer: a) electronic with PDF attachment (current method), b) electronic - just post it on the AATC website, c) hard copy mailing to my home, d) combination: e-mail some; hard copy some

Please e-mail your response to [tcreilly@gmail.com](mailto:tcreilly@gmail.com) by June 15th with subject heading "AATC Survey"



# Ann Arbor Track Club Mission

To promote fitness, friendship, and fun for all ages through running, walking, and track and field activities.

## Benefits

- Improve your performance through club workouts, training events, and races
- Participate in improving the AATC
- Meet new people who share your passion for fitness and fun
- Serve the community through club event participation
- Get The Streak - our new quarterly club newsletter
- Receive discounts on club events and running/walking stuff at participating local retailers

## How to Join

Join or renew online at: <http://www.aatrackclub.org/Join/>

Or print, fill-out, and mail-in the form on the Membership Application brochure. Annual fees: \$25 for adults, \$35 for families, \$15 for students (<23 yrs.old); multi-year discounts are available.

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**“When I first started running, I was so embarrassed I’d walk when cars passed me. I’d pretend I was looking at the flowers.”**

Joan Benoit Samelson, 1984 U.S. Olympic Marathon Champion

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## Ann Arbor Track Club Adult Weekly Workouts

Tuesday, 7:00 pm — **Track Workout**

**Location:** U of M Track, behind Intramural Bldg. **Distance:** Intervals.

Workouts posted on Website. See summer dates for Gallup Park.

Contact: Stani Bohac [sbohac@umich.edu](mailto:sbohac@umich.edu)

Wednesday, 5:15 pm — **Arb Run**

**Location:** Gallup Park at wooden bridge. **Distance:** Hill Repeats at Arb.

Workouts on most Wednesdays. **Contact:** Steve [shinzmann@aol.com](mailto:shinzmann@aol.com)

Wednesday, 7:00 am and Friday, 6:00 am — **Wed. Morn. Run / Early Friday Run**

**Location:** Gallup Park entrance. **Distance:** 3-7 miles on Gallup Paths.

**Contact:** Bailey Winn [baileymariewinn234@gmail.com](mailto:baileymariewinn234@gmail.com)

Thursday, 6:30pm — **Thursday Run**

**Location:** Michell Field, 1900 Fuller Road. **Distance:** 4-8 miles. Trails, hills, or Gallup Park.

**Contact:** Michael Linkevich [michaellinkevich@hotmail.com](mailto:michaellinkevich@hotmail.com)

Saturday, 9:00 am — **Livestrong Run**

**Location:** Lululemon, 3rd story, 623 E. William. **Distance:** 3-20 miles. Refreshments provided.

**Contact:** Rob Morgan [PRFitnessA2.com](http://PRFitnessA2.com)

Sunday, 8:30 am — **Kerry Town Run**

**Location:** Sweetwaters, 407 N. Fifth St. **Distance:** 6-9 miles. Routes vary.

**Contact:** Michael Linkevich [michaellinkevich@hotmail.com](mailto:michaellinkevich@hotmail.com)

Sunday, 9:00 am — **Crazy Runs**

**Location:** Various - see Website for information. **Distance:** 5-8 miles. \$1 fee - refreshments. Third

Sunday of month only. **Contact:** Ed Nadler [nadler@alum.mit.edu](mailto:nadler@alum.mit.edu)

