

2009 Summer Twilight Track Series

June 2

"Ready, Set, Go"
Featured Event: 2k
Relay: 2X(6X400)

June 9

"Two Laps Better Than One"
Featured Event: 1 Mile
Relay: 2X(4X800)

June 16

"Meet you at the Corner"
Featured Event: 3K
Relay: 2X(8X300)

June 23

"Mile,1/2,1/4,1/4"
Featured Event: Mile
Relay: 2X(1/2,1/4,1/4)

Format:

Everyone runs the featured event together.
Relay teams consist of 2 runners of similar ability.

All ability levels are welcome

June 30

"Firecracker Tune Up"
Featured Event: 1K
Relay: 2X(5X600)

July 7

"Repeat Miles"
Featured Event: 800 meters
Relay: 2X(3XMile)
I Get by with a Little Help from my Friends
(Relay runner #2 starts their first mile when relay runner #1 completes 800 meters of their first mile.
Relay runner #1 starts their 2nd mile when relay runner #2 completes their 1st mile.)

July 14

"One Lappers"
Featured Event: 2k
Relay: 2X(8X400)

Bring WATER and be prepared to have fun!

6pm CSU Track

July 21

"Double the Fun"
Featured Event: 1 Mile
Relay: 2X(4X800)

July 28

"Deja Vu"
Featured Event: 1200
Relay: 2X(12X300)

August 4

"Farewell 400's"
Featured Event: Mile
Relay: 2X(8X400)

August 11

"Mountain Avenue Mile Sharpener"
Featured Event: 1K
Relay: 3X(6X200)
(We will need to have 3 person relay teams for this one)

August 13

Mountain Avenue Mile

<http://users.frii.com/jwelzel/>