

2009 FSRC Summer Decathlon Schedule

JUNE 3 - 6:30 - 1 mile fun run

6:45 - SD #1 - 1600 meters

7:00 – Kids Mini Run

7:05 - Handicapped Fartlek Run – Each runner runs for 6 minutes and marks the spot where he/she finished. After resting for 1:30, each runner picks up where he/she left off and repeats the process until finishing the prescribed distance. The distance assigned to each runner is based upon his/her time in the mile.

Race Director – Tim O’Keefe

JUNE 10 - 6:30 - 1 mile fun run

6:45 - SD #2 - 600 meters

7:00 – Kids Mini Run

7:05 - 4 person relay - each person does 1600 m, 1200 m, 800 m, 400 m

Race Director – Malcolm Senior

JUNE 17 - 6:30 - 1 mile fun run

6:45 - SD #3 - 2 miles

7:00 – Kids Mini Run

7:05 - Reverse Relay - 3 person teams - each runner does 3 X 800 - all runners go clockwise around the track!

Race Director – John Way

JUNE 24 - 6:30 - 1 mile fun run

6:45 - SD #4 - 1000 meters

7:00 – Kids Mini Run

7:05 - Too Many Tens – Two person relay. Runners are assigned lanes and number of laps based on their finishing time at the mile, with faster runners running more laps.

Race Director – Victor Cretella

JULY 1 - 6:30 - 1 mile fun run

6:45 - SD #5 - 200 meters

7:00 – Kids Mini Run

7:05 - Firecracker 5 km - Predicted time 5,000 m track run

Race Director – Paul Spurrier

JULY 8 - 6:30 - 1 mile fun run

6:45 - SD #6 – 800m meters

7:00 – Kids Mini Run

7:05 - Gutbuster - 4 runners each do 10 X 400 m

Race Director – Paul Christiansen

JULY 15 - 6:30 - 1 mile fun run

6:45 - SD #7 - 1500 meters

7:00 – Kids Mini Run

7:05 - Poker Run - 4 runners - one runner does 1600 m, one does 1200 m, one does 800 m, and one does 400 m - each runner receives a playing card after their leg. Each team gets a fifth card. Winning poker hand wins the race.

Race Director – Chad Connors

JULY 22 - 6:30 - 1 mile fun run

6:45 - SD #8 - 400 meters

7:00 – Kids Mini Run

7:05 - Too Many Two's - 3 person team - each runner does 6 X 200

Race Director – Joe Basford

JULY 29 - 6:30 - 1 mile fun run

6:45 - SD #9 - 3000 meters

7:00 – Kids Mini Run

7:05 - Runner's Choice - 4 runners - the team must run 4 miles (16 laps) - each runner must do at least two relay legs. The team chooses the distances each

runner does as well as how many times a runner runs.

Race Director – John Stuart

AUGUST 5 - 6:30 - 1 mile fun run

6:45 - SD #10 - 1 mile run

7:00 – Kids Mini Run

7:05 - Mystery run - 4 runners - each team gets an envelope with index cards of varying distances - the team chooses the order for the runners to go - runners choose a card and must run that number of laps. Max laps will be 4.

Race Director – Tim O'Keefe