

\$5

5K Series

All Runs @ 9:00 AM - \$5 EA
5/21 - Tam O'Shanter Park
6/18 - Roy Morse Park
7/23 - Archie Anderson Park
8/20 - 7th Avenue Park
9/10 - Elks Building - Lake Sacajawea

*Complete 5 between May & Oct and win a free t-shirt & Turkey Trot Registration



Seahawks Poker Run - 5K

Saturday, 9/10/2016
Elks Building, Lake Sacajawea
9:00 AM - \$5.00



Moonlight Run - 5K

Friday, 9/23/2016
Mint Valley Golf Course
\$10/per person (\$3 for 10& Under)
6:45 - 7:45 p.m.



Pumpkin Pi 3.14 Mile Run

Saturday, 10/29/2016
3.14 Miles - 10:31 AM Start Time
Willow Grove Park
\$25 Registration (with shirt)
\$15 Registration (without shirt)
\$10 Tee-shirt, \$20 Long Sleeve, \$15 Tech Shirt



Comcast Turkey Trot Fun Run & Walk Thanksgiving Morning - 3.6 Miles

8:30 AM Lion's Shelter, Lake Sacajawea
Early Registration Costs:
8/21-11/15 \$10 (shirt not included)
11/16-11/24 \$15 (shirt not included)
Day of Race Registration (starts at 7 am) costs:
\$25 (with shirt) \$15 (without shirt)
T-shirts available to purchase until 11/15
T-shirt - \$10
Tech shirt - \$15
Long sleeve cotton - \$15



Heart & Sole Run

Typically 2nd Sat. in February 2017
Official Date TBA-Elks Building
Lake Sacajawea
Registration begins mid December



Electrifying Shamrock Run 2017

Lions Shelter - Lake Sacajawea
Typically Fri. before Daylight Savings
Official Date TBA



Running of the Fools 5K & 10K 2017

2017 - Typically 1st weekend in April
Willow Grove Park
Try to beat the joker around the 10K loop...
Guess your time to win a prize!!!



Firecracker Fun Run - 5K 2017

Office Details TBA



Swim, Dash, Splash - 2017

Details Coming Spring 2017