

## Clarksville High School 800 High School Dr. Clarksville, IN

- I-65 to Exit 2 (Eastern Blvd.)
- Go north 3/5 mile to Ettel Lane
- Turn left on Ettel Lane
- Track is on the left

### 2010 FRED-RUN/PACERS & RACERS "RUNNER-OF-THE-YEAR" RACES

Be sure to check for race info well in advance of event.

- 04/17 HELLBENDER HUSTLE 5K (CORYDON)
- 05/29 RUN FOR THE BERRIES 5K (STARLIGHT)
- 06/12 BARNYARD DASH 10K (STARLIGHT)
- 06/19 RUN FOR THE HILLS 4 M. (FLOYD CENTRAL H.S.)
- 06/26 FOUNDERS DAY 5K (CHARLESTOWN)
- 07/10 OFF THE ROAD 5K (TRAIL-CLARKSVILLE)
- 07/14 CHAMPIONSHIP OF THE WORLD MILE RUN (C-VILLE)
- 07/21 SPIRIT DAYS 5K (ELIZABETH)
- 08/07 STARCHASER XC 5K (CRAWFORD CO. H.S.)
- 08/14 CHUCK'S 5K (NEW ALBANY)
- 09/11 LANESVILLE HERITAGE 8 M. (LANESVILLE)
- 09/18 CHICKEN CHASE 4M (HENRYVILLE)
- 11/25 FAST FREDDIE'S 5-MILER (NEW ALBANY)

### 2010 GENERAL RULES

- ◊ Open to residents of Clark, Crawford, Floyd, Harrison, Scott and Washington Counties. Residency is based on mailing address and occupation.
- ◊ Eligibility starts September following graduation. Runners on college teams (s-ship or not) are not eligible nor are runners receiving significant funds due to running.
- ◊ Age is determined by runner's age in first scoring event. Individual will remain that age for entire season.
- ◊ In 2010 runners must score in at least eight races. If no one scores in eight, then the number drops to seven, and soon. If no one scores in at least six races, there is no award for that division.
- ◊ Points are based on overall top ten finish places in Open Division (50-45-40-etc) and overall top five positions in the Masters (40+) and Grandmasters (50+) Divisions (25-20-15-etc) in the above races. Grandmasters must finish in the top ten Masters positions and may score in both.
- ◊ Runners moving into the area become eligible when their new address becomes official. Resident runners moving out of the area retain their points and local residency status until the end of the season.
- ◊ \$35 award for winners of following age groups: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, and 60+ winners must meet same criteria as Masters above. If age group winner is an overall winner, next qualifier earns award.
- ◊ NEW...Awards (each gender): Open: \$300-\$200-\$100. Masters/Grandmasters: \$100-\$50.

### Did you know....

- ◊ Since the series began in 1978, no session has ever been canceled!
- ◊ The \$1 entry fee has been unchanged since 1993!
- ◊ The featured relays are the winter workouts that series creator Dennis McNulty and Fred Geswein did in the winter of 1977!
- ◊ Paralympics Gold Medalist Tim Willis set a national record here in 1996!
- ◊ The series has been part of the training for....  
Individual College Conference Champions  
Indiana or Kentucky Individual State Champions  
Division I College All-Americans  
Derby Mini-Marathon Winners  
National Age Group Champions/Runner of the Year  
Olympic Trials Qualifiers  
Paralympics Gold Medalists  
1000+ individuals like you who aspire to fitness and/or athletic excellence!

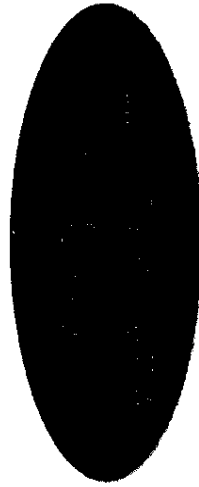


Sponsored by  
Clarksville Parks &  
Recreation

2000 Broadway  
Suite 221

Clarksville, IN 47129

Phone: 812-283-5313  
Fax: 812-288-1380  
info@clarksvilleparks.com



# 33rd Annual SUMMER RUNNING SERIES

The summer training camp for  
champions of all abilities!

## 2010

Sponsored by Clarksville  
Parks & Recreation  
www.clarksvilleparks.com



## Just the facts.....

- **No MP3 players or headphones.**
- Open to all ages and abilities.
- Wednesday evenings,  
May 26-July 14.
- Rain or shine.
- Events take place at  
Clarksville High School track  
(see directions on reverse  
side)
- \$1 per runner per evening  
and \$1 per spectator per  
evening. Fee will be  
collected at the gate.
- Concessions benefit  
Clarksville High School  
Cross-Country team. Your  
support is appreciated!
- Events are listed in order,  
rolling schedule.
- Starting blocks not  
permitted.
- No alcohol.
- 1/4" spikes or less.
- Special events by request  
(2-week notice required).
- Adherence to proper track  
and field etiquette and attire  
is expected.
- For more information, please  
contact the parks office at  
info@clarksvilleparks.com or  
812-283-5313.

DATE	EVENT	7PM JUNIOR DIVISION 8th Grade and Younger	7:30PM SENIOR DIVISION 9th Grade to Adult
May 26	School's (Almost) Out! If it weren't for the snow...!	<ul style="list-style-type: none"> <li>• 200</li> <li>• 800</li> <li>• 4 x 100</li> <li>• *Kiddie Events</li> </ul>	<ul style="list-style-type: none"> <li>• 1500</li> <li>• 600</li> <li>• 2 x 8 x 400</li> </ul>
June 2	Memorial to Pre It's been 35 years....	<ul style="list-style-type: none"> <li>• 300</li> <li>• 1500</li> <li>• 4 x 200</li> <li>• *Kiddie Events</li> </ul>	<ul style="list-style-type: none"> <li>• Mile</li> <li>• 200</li> <li>• 2 person 5k (See if you can break Pre's last 5k time of 13.23)</li> </ul>
June 9	Ladies' Night Free parking for females!	<ul style="list-style-type: none"> <li>• 400</li> <li>• 800</li> <li>• 4 x 100</li> <li>• *Kiddie Events</li> </ul>	<ul style="list-style-type: none"> <li>• 2 x 8 x 200 Par Lauf</li> <li>• 1500</li> <li>• 500</li> <li>• 2 person 10k (See if you can break 28.44M/33.29W)</li> </ul>
June 16	Father's Day Dads run for only a \$1.	<ul style="list-style-type: none"> <li>• 200</li> <li>• Mile</li> <li>• 4 x 200</li> <li>• *Kiddie Events</li> </ul>	<ul style="list-style-type: none"> <li>• 3000 (Yes, he really ran 8.08!)</li> <li>• 300</li> <li>• 3x6x300...NEW!</li> </ul>
June 23	Celebrate Summer 1st meeting of the summer.	<ul style="list-style-type: none"> <li>• 300</li> <li>• 800</li> <li>• 4 x 400</li> <li>• *Kiddie Events</li> </ul>	<ul style="list-style-type: none"> <li>• Coriolis Mile</li> <li>• 400</li> <li>• 2 x 6 x 800</li> </ul>
June 30	12th Annual Homecoming Yep! We really crown a king and queen.	<ul style="list-style-type: none"> <li>• 400</li> <li>• 1500</li> <li>• 4 x 100</li> <li>• *Kiddie Events</li> </ul>	<ul style="list-style-type: none"> <li>• 1500</li> <li>• 300</li> <li>• 3 x 12 x 200</li> </ul>
July 7	25¢ Beer Night Always a favorite, although it isn't allowed on the prem- ises.	<ul style="list-style-type: none"> <li>• 200</li> <li>• 800</li> <li>• 4 x 200</li> <li>• *Kiddie Events</li> </ul>	<ul style="list-style-type: none"> <li>• 200</li> <li>• 2000</li> <li>• 1000</li> <li>• 2 x 12 x 400</li> </ul>
July 14	Championship of the World Featuring "Runner of the Year" One-Mile Run Cham- pionship!	<ul style="list-style-type: none"> <li>• 400</li> <li>• Mile</li> <li>• 4 x 400</li> <li>• *Kiddie Events</li> </ul>	<ul style="list-style-type: none"> <li>• 200</li> <li>• Mile</li> <li>• 400</li> <li>• 2 x 8 x 200</li> </ul>

\*Kiddie Events (7 & under)  
Toddler Dash, 50 Meters ◊ Kiddie Quarter, 400 Meters (1 lap)

Unless otherwise designated, all events listed in meters.