



for the 2010 Season with the Stepping Out Running Club
SCHEDULED RACES

Challenge Obesity 5K or 2K	Saturday April 17 Como Park	8:30 A.M.
Nick Clare Memorial 5K or 2K	Saturday May 1 Hastings High School	8:30 A.M.
(New) Book It 5K	Saturday May 22 Roseville	9 A.M.
Beyond The Yellow Ribbon 5K	Sunday June 13 South St. Paul	8:30 A.M.
(New) Dew Run -4 miles	Saturday June 19 Farmington	8:30 A.M.
River Town Days 10K	Saturday July 17 Hastings YMCA	8:30 A.M.
Snail Race 5K or 10K	Sunday August 15 Vadnais Heights	8:30 A.M.
(New) Dream Mile 5K	Saturday September 18 Lake Phalen	8:30 A.M.
MMRF	Sunday October 10 Lake Phalen	8:30 A.M.

Run Club meets at 7:30 at gym every Saturday there are no races

Snacks and Drinks will be served

Victory Breakfast's will be posted on News Board at Gym