

Saint Louis Track Club



Pace Series

PACING IS GREAT IN 2008

If you are looking for an easy way to meet new friends, the Pace Series is for you!

- When: Wednesday nights, June 4th through September 24th
Time: Walkers start at 6:00 pm, everyone else at 6:15 pm
Place: The Visitor's Center, in Forest Park
Entry Fee: 50 cents per run plus optional donations for snacks

Races are scored based on actual time versus predicted time - of course, you run without a watch! Each month the best 3 of 4 races will be used to determine ribbon winners for the top 10 closest estimators. For the entire series, the best 12 of 16 races will be used to determine trophy winners for the top 15 closest estimators. Participants are required to volunteer at least once to qualify for a series trophy.

June series
Jun-4 3K
Jun-11 2M
Jun-18 5K
Jun-25 2.5M

July series
Jul-2 2M
Jul-9 3K
Jul-16 5K
Jul-23 2.5M

August series
Jul-30 3K
Aug-6 5K
Aug-13 2.5M
Aug-20 4.2M

September series
Aug-27 2.5M
Sep-3 5K
Sep-10 4.2M
Sep-17 3K



Note that September 24th will be a fun run, grab bag, and final series awards.

Race Directors: Jill Akins and Don Hong
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