



Pardee Running Club

August 2010 Events Calendar

Event: Smyrna Parks 5K Challenge
Date: Saturday, August 7
Time: 7:30 AM
Location: Sharp Springs Natural Area Park, Smyrna TN
Info: <http://www.active.com/running/smyrna-tn/smyrna-parks-5k-challenge-and-bill-nash-dash-for-cash-mile-2010>

Event: Park- to-Park 5 Miler (Hendersonville Race Series Event #3)
Date: Monday, August 9
Time: 6:30 PM
Location: Jackson Park, Hendersonville NC
Info: <http://www.footrxasheville.com/calendar.php>

Event: Bookin' It 5K
Date: Saturday, August 14
Time: 8:00 AM
Location: Rosman High School, Rosman NC
Info: <https://www.runsignup.com/Race/NC/Rosman/BookinIt5K>

Event: Sourwood 5K (An Asheville Track Club Grand Prix Event)
Date: Saturday, August 14
Time: 8:30 AM
Location: Black Mountain NC
Info: <http://www.sourwood5k.com/>

Event: Edouard Michelin Memorial 5K
Date: Saturday, August 21
Time: 8:00 AM
Location: Michelin Conference Center, Greenville SC
Info: http://gvltrackclub.clubexpress.com/content.aspx?page_id=22&club_id=515359&module_id=3374

Event: Springmaid Splash Xstream 5K & 10K (An Asheville Track Club Grand Prix Event - 10K only)
Date: Saturday, August 21 (Trail Runner Trophy Series & Blue Ridge Cup Race - 10K only)
Time: 8:30 AM
Location: Springmaid Mountain, Spruce Pine NC
Info: <http://www.mitchellraces.com/springmaidsplash/index.html>

Event: Hot August Night 5K (An Asheville Track Club Grand Prix Event)
Date: Saturday, August 21
Time: 7:00 PM
Location: Montford Community Center, Asheville NC
Info: http://www.active.com/page/Event_Details.htm?event_id=1867903

Event: Hickory Nut Gorge Olympiad 5 Mile "Dam" Race
Date: Friday, August 27
Time: 7:00 PM
Location: Lake Lure Fire Station, Lake Lure NC
Info: <http://www.hickorynutolympiad.com/5mile.htm>

Event: Continental Divide 5K & 10K Trail Race (USATF National 10K Trail Championship)
Date: Saturday, August 28
Time: 9:00 AM
Location: Laurel Ridge Camp & Conference Center, Laurel Ridge NC
Info: http://www.continentaldividetrailrace.com/Welcome_files/CDTR%20Entry%20Form%202010.pdf

Event: Hickory Nut Gorge Olympiad Race to the Rock 5K (An Asheville Track Club Grand Prix Event)
Date: Sunday, August 29
Time: 8:00 AM
Location: Old Rock Café, Lake Lure NC
Info: <http://www.hickorynutolympiad.com/racetorock.htm>

To find out more about the Pardee Running Club, group runs, race registration forms, directions or additional information on any of these events, please contact Schon Rittenhouse at 698-6774 or schon.rittenhouse@pardeehospitl.org