

Attention:

This is the finalized 2009 Grand Prix Schedule of races. There is everything from 5Ks to the half marathon and even a triathlon. I hope these races will be challenging, rewarding, and most of all fun. If you have any questions, comments, or suggestions, please drop me a note at pammyk@brightdsl.net. Good luck, and happy and healthy running!.... Pam

1. Mayfield/Rich Vojticek 5K Run and 1 mile walk
April 18th at 9:am
Mayfield Heights, Ohio
2. Run with the Captains 5K run and 1 mile walk
May 2,2009 at 8:30 am
Eastlake, Ohio
3. Concord Distance Classic Half Marathon and 5K
May 31st at 8:00am
Gristmill Plaza, Concord, Ohio
4. Ohio Teamsters Sports Committee/Medical Mutual Flag Day 5K run and 2 mile walk
June 10th at 7:00pm
Deepwood Center, Mentor, Ohio
5. Run for the Hills 10K Run
June 28th at 8:30am
Willoughby Hills, Ohio
6. Painesville Sunrise 5 Mile Run and 2 Mile Walk
July 12th at 7:00am
Painesville Square, Painesville, Ohio
7. Johnnycake Jog 5 mile run and 5K walk
July 19th 2009 at 8:30 am
Lake County Fairgrounds, Painesville, Ohio
8. LakeMetro Park Triathlon/Kayak Triathlon
July 26th at 8:00am
Fairport Harbor, Ohio
9. B'nai B'rith 5K Run and 1 Mile Run
August 16th at 8:30am – 1mile, 9:00am – 5K
Rascal House Pizza, University Hts, Ohio
10. Race at the Fair 5 Mile Run and 1 Mile Run
Sept. 6th at 8:30am
Kent State Geauga Campus, Burton, Ohio
11. Mantua Potato Stomp 9 mile run and fun run
September 12th, 2009 at 8:30 am
Crestwood High School, Mantua, Ohio
12. Geneva Grape 5K Run
Sept. 27th at 9:00am
Memorial Hospital, Geneva, Ohio
13. Huntsburg Pumpkin 4 Mile Run
October 4th at 9:00am
Huntsburg, Ohio
14. Autumn Leaves 5 Mile Off Road Run
Nov. 1st at 9:00
Lake Farm Parks, Kirtland, Ohio