

# 2016 HMRRRC SUMMER TRACK SERIES

HMRRRC will be continuing its recent tradition of organizing a series of summer track events that are both fun and challenging. This year, all four of the Summer Series events will be held at South Colonie High School, where the Colonie Tuesday Night Track Meets take place, on the dates and times listed below.

South Colonie High School is located off Sand Creek Rd. in Colonie just east of Wolf Road and the Colonie Center Mall. Its address is 1 Raider Blvd., Albany, NY 12205.

- Race #1: **COLONIE MILE**  
6:15 p.m., Tuesday, June 28  
Location: South Colonie H.S. track  
Fee: FREE  
Format: Everyone who wants to participate registers prior to the event then runs in whichever heat of the mile they select as part of the regular Tuesday night track program. After completing the mile, participants report their time to the registration table. The fastest participants are the winners. **Note: This is a Grand Prix event for HMRRRC club members.**
- Race #2: **TWO PERSON RELAY**  
6:15 p.m., Thursday, July 7  
Location: South Colonie H.S. track  
Fee: Free for members, \$5 non-members  
Format: Each participant estimates the pace they will run a mile then gets paired up with another participant based on fastest and slowest estimated times of all participants. You then alternate running miles with your partner until your team runs a total of six miles. The fastest teams are the winners.
- Race #3: **HOUR RUN**  
6:15 p.m., Thursday, July 14  
Location: South Colonie H.S. track  
Fee: Free for members, \$5 non-members  
Format: Participants run on the track for one hour. Participants running the furthest are the winners.
- Race #4: **PENTATHLON**  
6:15 p.m., Thursday, July 21  
Location: South Colonie H.S. track  
Fee: Free for members, \$5 non-members  
Format: Participants run five different running distances in the following order: 5000m, 800m, 3200m, 400m, 1600m. You have approximately ten minutes rest between events. Olympic-style points scoring for each event. The faster participants receive more points at each distance. Participants scoring the most points in the five events are the winners.

*Please join us for some different low-key runs on the track as a nice alternative to pounding the roads in the summer heat.*

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