

TUESDAY NIGHT SUMMER TRACK PROGRAM

SPONSORED BY THE HUDSON MOHAWK ROAD RUNNERS CLUB

You don't have to be a member to compete

—51st Season—

JUNE 18, 25 (Colonie Mile)

JULY 2, 9, 16, 23 (Ribbon Night)

JULY 30

• **FREE OF CHARGE** •

6:00 p.m. Start

Colonie High School (Behind Colonie Center Macy's)

-ORDER OF EVENTS-

- ONE MILE RACE WALK
- HURDLES
- ONE MILE RUN
- 50 METER DASH (up to 12 years old)
- 100 METER DASH (any age)
- 400 METER DASH (any age)
- 800 METER RUN
- 200 METER DASH (any age)
- 2 MILE RUN
- RELAYS
- FIELD EVENTS (NO POLE VAULT)

For further information, contact Frank Myers at 869-9333
or at FlyingBB45@aol.com

Please note The Dynamic Duo has been discontinued

This program is an independent, privately run program and is not operated by, and has no direct affiliation with the South Colonie Central School District