



**2009**

**SPRING TRACK SERIES**

**James Monroe HS Track**

Tuesday Nights 6:30 PM:

May 26

June 2, 9, 16, 23, and 30

Events are free;  
Donations are welcome!  
We will provide water and  
timing for the events.

More info online at  
<http://www.runfarc.com/> or  
contact Al Vaughan @  
(703) 308-8327 or  
[Vaughan.allen@epa.gov](mailto:Vaughan.allen@epa.gov)

*All ages and abilities welcome - This is a family-friendly activity!*

**Events:**

**Long Program:**

May 26; June 9, 23

Mile, 200, 800, 2 mile, 4x400 relay.

**Short Program:**

June 2, 16, 30

1500, 100, 400, 3000, 4x100 relay.