



# 2009 Calendar

VISIT OUR RACE CALENDAR & SIGN UP ONLINE FOR MOST SPORTSPECTRUM MANAGED RACES!!!!

[www.sportspectrumusa.com](http://www.sportspectrumusa.com)

When?	What?	Where?	How far?	By whom?
Jan 1	Black Eyed Pea Run	Frisbee Golf Course	5K	RRRR
3	<u>DustBuster Duathlon</u>	<u>TBA</u>	<u>1.5mr,11.2mb,1.5mr</u>	<u>SRM</u>
10	Winter Fun Run Series #1	Stoner Boat Launch	5K & 10K	RRRR
24	Winter Fun Run Series #2	Stoner Boat Launch	5K & 10K	RRRR
31	<u>The Trail Run</u>	<u>Lake Bistineau State Park</u>	<u>10 or 5 mi run</u>	<u>SRM</u>
31	St. Jude 5K	First Baptist Church-Minden	5K	STM
Feb 7	Winter Fun Run Series #3	Stoner Boat Launch	5, 10, & 15K	RRRR
21	Winter Fun Run Series #4	Stoner Boat Launch	5, 10, 15, & 20K	RRRR
28	<u>LSUS Homecoming 5K</u>	<u>LSUS</u>	<u>5K</u>	<u>SRM</u>
28	<u>Mojo Trail Run 1</u>	<u>Stoner Boat Launch Trails</u>	<u>6 mile run</u>	<u>SRM</u>
28	<u>282 Duathlon</u>	<u>Stoner Boat Launch Trails</u>	<u>2 run, 8 bike, 2 run</u>	<u>SRM</u>
Mar 7	<u>Tiger Dash 09</u>	<u>Cypress Black Bayou Park</u>	<u>5K</u>	<u>SRM</u>
8	<u>The Great Adventure Race</u>	<u>Lake Bistineau State Park</u>	<u>To be a mystery</u>	<u>SRM</u>
14	<u>Mojo Trail Run 2</u>	<u>Eddie D. Jones Park</u>	<u>6 mile run</u>	<u>SRM</u>
14	South Highland Tiger Trot	South Highland School	5K	SRM
21	Kiwanis Pancake Run	Riverfront	5K	SRM
28	International Paper 5K Run	Mansfield, LA	5K	SRM
28	Shreveport Dietetic 5K Run	TBA	5K	SRM
Apr 2	Discover the Piece 5K	Betty Virginia Park	5K	SRM
4	Dean/Williams 5K Run	Riverfront Bossier	5K	SRM
11	Pioneer Run To Summer	TBA	5K	SRM
18	The Great Race	Betty Virginia Park	5K	SRM
18	Spring Spectacular	Minden, LA	5K	SRM
20	Boston Marathon			
25	Caddo Magnet Stallion Stampede	TBA	5K	SRM
May 1	Stallion Mayday Run	Stockwell Elementary	5K	SRM
2	Parkinson Power Walk/Run	Bickham Dickson Park	5K	SRM
3	<u>Sunrise Triathlon Series #1</u>	<u>Town South Swim Club</u>	<u>400ys, 12mb, 2mr</u>	<u>SRM</u>
9	<u>New Balance- Uptown 5K</u>	<u>New Balance Shreveport</u>	<u>5K</u>	<u>SRM</u>
9	Tour de Goodwill	Shreve City Parking Lot	25/50/100 mile	SRM
9	Zwolle Logger's Festival	Zwolle, LA	5K	SRM
16	Holy Angels Run	Long Lake Subdivision	5K	SRM
17	Four States Triathlon	Texarkana, TX	650ys, 13mb, 3mr	Atomic
21	<u>Sportspectrum Mudbug Madness</u>	<u>Riverfront</u>	<u>5K</u>	<u>SRM</u>
23	YWCA Violet Run	C. Bickham Dickson Park	5K	SRM
24	<u>Sunrise Triathlon Series #2</u>	<u>Town South Swim Club</u>	<u>450ys, 14mb, 2.5mr</u>	<u>SRM</u>
30	Ellerbe Road Estates 5K	Ellerbe Rd Methodist	5K	SRM
30	First Baptist Bossier 5K	TBA	5K	SRM
June 1	<u>Registration Opens Online for SS RiverCities Triathlon (6:00am) <a href="http://www.sportspectrumusa.com">www.sportspectrumusa.com</a></u>			
4	Summer Fun Run #1	Stoner Boat Launch	5K	RRRR
6	Hot Pursuit 5K	Bossier Boardwalk	5K	SRM
6	<u>COSST Kids Tri</u>	<u>Southside Swim Club</u>	<u>TBA</u>	<u>SRM</u>
11	Summer Fun Run #2	Ford Park	3.5 miles	RRRR
12-14	David McCoy Swim Meet	Southside Swim Club		COSST
13	A Heart Without Limits Run/Walk/Roll	TBA		SRM
14	<u>Sunrise Triathlon Series #3</u>	<u>Town South Swim Club</u>	<u>500ys, 15mb, 3mr</u>	<u>SRM</u>
18	Summer Fun Run #3	Billberry Park	5K	RRRR
25	Summer Fun Run #4	C. Bickham Dickson Park	5K	RRRR
27	<u>Sportspectrum Firecracker 5K Packet Pickup Starts @ 12 noon</u>			<u>SRM</u>

July	1	Canada Day Run	TBA	5K	RRRR
	<u>4</u>	<u>Sportspectrum Firecracker 5K</u>	<u>Mall St. Vincent</u>	<u>5K</u>	<u>SRM</u>
	9	Summer Fun Run #5	Querbes Park	5K	RRRR
	16	Summer Fun Run #6	Southern Hills Park	5K	RRRR
	19	Jefferson Triathlon	Jefferson, TX	1/2ms,15.5mb, 5Kr	SRM
	23	Summer Fun Run #7	Mamie Hicks Park	5K	RRRR
	30	Summer Fun Run #8	Betty Virginia	5K	RRRR
Aug	<u>1</u>	<u>Sportspectrum IronFish Kids Tri</u>	<u>Cypress Lake Park</u>	<u>100ys, 5Kb, 1Kr (Guppy)</u> <u>200ys, 10Kb, 2Kr (Shark)</u>	
	<u>2</u>	<u>SS Rivercities Triathlon 29th Anniversary</u>	<u>Cypress Lake Park</u>	<u>1/2ms, 18.2mb, 5Kr</u>	<u>SRM</u>
	8	Beat the Heat 5K	Louisiana Boardwalk	5K	SRM
	29	Race For The Cross	Shreveport Riverfront	5K	SRM
Sept	5	David Raines 5K Run	Shreveport Riverfront	5K	SRM
	5	YMCA Kids Triathlon	Broadmoor YMCA	TBA	SRM
	6	Cajun Man Triathlon	Lafayette, LA	1/2ms, 20mb, 5Kr	Atomic
	12	Brookwood 5K Run	Brookwood Baptist	5K	SRM
	19	Komen Race for the Cure	Mall St. Vincent	5K	SRM
	20	Meat Pie Triathlon	Natchitoches, LA		Atomic
	26	Gator Run	Lee Hedges Stadium	5K	SRM
	26	Seize the Road Bike Tour	Stoner Boat Launch	8, 26, & 60m	SRM
Oct	<u>3</u>	<u>Sportspectrum Revel Run</u>	<u>Shreveport Riverfront</u>	<u>5K &amp; 15K</u>	<u>SRM</u>
	8	Run With The World	Fitness World	5K	SRM
	10	Zwolle Tamale 5K Festival	Zwolle, LA	5K	SRM
	10	Hustle for Your Health	Bickham Dickson Park	5K	SRM
	14	LSUS 5K For Scholarship	LSUS	5K	SRM
	<u>17</u>	<u>Sportspectrum Autumn Breeze</u>	<u>First Baptist Church</u>	<u>5K &amp; 10K</u>	<u>SRM</u>
	<u>24</u>	<u>Running Dog Du</u>	<u>Clyde Fant Parkway</u>	<u>TBA</u>	<u>SRM</u>
	<u>31</u>	<u>The Great Pumpkin Run</u>	<u>Centenary Gold Dome</u>	<u>5K</u>	<u>SRM</u>
Nov	7	Riverside V	Shreveport Riverfront	5K & 5 miler	RRRR/SRM
	7	Do The Dash 5k	Natchitoches, LA	5K	SRM
	7	Byrd Grassroots 5K Run	Byrd H.S.	5K	SRM
	14	BPCC 5K Run	Bossier Parkway	5K	SRM
	<u>14</u>	<u>Louisiana Trails Marathon</u>	<u>Eddie Jones Park</u>	<u>50K, 26.2m, 13.1m</u>	<u>SRM</u>
	21	YMCA Half Marathon	Hamel's Memorial Park	13.1 miles	RRRR
	<u>26</u>	<u>Sportspectrum Turkey Trot</u>	<u>Stoner Boat Launch</u>	<u>3 mile trail run</u>	<u>SRM</u>
	28	Hills of Homer Christmas Run	Homer, LA	5K	SRM
Dec	5	AED Winter Sun Run 5K	LSUS	5K	SRM
	13	White Rock Marathon	Dallas, TX	26.2 miles	
	<u>15</u>	<u>Downtown Christmas Run</u>	<u>Caddo Parish Courthouse</u>	<u>3.4 miles</u>	<u>SRM</u>

N.W. Louisiana Runners Assoc. is responsible for the production of all SRM events

Every effort has been made to be as accurate and thorough as possible. Please refer to official race event brochures for final dates. For more information call or visit:

**To Signup Online or For Race Results Go to:**

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**Atomic Race Results** [www.atomicracingsystems.com](http://www.atomicracingsystems.com) **Phone: 318.751-2519**

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