## **2020 RACE CALENDAR**

Race info., Perks

Milwaukee County Zoo.

Badgerland Striders

Distance

5k, 2 mile

Race

Samson Stomp

2020 Date

Sun, Jan 19

Proud to be Wisconsin's Largest and Oldest Running Club, serving Wisconsin's Runners for over 50 years.

This race winds through the Milwaukee County Zoo in the middle of winter. It is a good reason to

keep up those New Year's resolutions and start the year in shape. Proceeds from the race benefit the



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			Willwaukee County 200.
John Dick Memorial 50K	50k	Sat, Feb 1	The John Dick Memorial is in remembrance of a former Club member who enjoyed ultra-marathoning. Although a smaller event (<100 participants), the race serves to keep the dedicated runners in shape through the winter.
Steve Cullen Healthy Heart Run	8k/2 mile	Sat, Feb 15	This race winds through the County Parkways in Wauwatosa. Profits from the race go to research programs of the Milwaukee Regional Medical Center, primarily for heart related research.
South Shore Half Marathon	13.1 mile	Sat, Apr 4	This race is a perfect race for the budget minded serious runner. There are not bands at every mile, or slick race shirts in a goody bag. There is just great racing over a certified coarse. This race is perfect timing for those leaving to run the Boston Marathon in a couple of weeks.
Ice Age Trail 50	50 mile/50k Half Marathon	Sat, May 9	The Ice Age Trail 50 ultramarathon draws participants on a national level, and is held in the South Kettle Moraine on cross-country ski trails. The 50k event is a perfect start for a first time ultra- marathoner, and the 50m event normally has world class competition. There is also a half marathon for those not looking for an ultra, but a great trail race. This event sells out in hours.
Superun 5K	5k	Wed, Jun 17	How does a mid-week evening run sound to you? It sounds good to many local runners, as this is one of our most popular events. The Lake Park course is challenging, as it has a long and winding hill to suck the wind right out of runners. But the party afterwards is well worth the challenge.
HartFest Half Marathon	13.1 mile	Sat, Jun 20	The HartFest Half Marathon is a new half marathon held in Wauwatosa. Half of the profits go to the Tosa Sebena Police Office Fund.
Firecracker Four	4 mile	Sat, July 4	The Firecracker Four has evolved into a popular mid-summer event. This race is held in Hales Corners and is one event of many celebrating the holiday.
Cudahy Classic	10m/5 mile	Sun, Jul 26	The Cudahy Classic is one of the Club's longest running events and celebrated its 56th year in 2016. The event is a perennial RRCA State Championship race. The ten mile event is two laps of the flat and fast course, with the smaller five mile event a nice complement for those not quite yet in shape for the longer distances.
Strider Half Marathon	13.1 mile	Sat, Aug 29	The Strider Half Marathon is our late summer Half Marathon. The course starts and finishes in Estabrook Park. The race is usually the weekend before Labor Day, and features the cool shade of the Oak Leak Trail bike path for much of the course. It ends with breakfast and beers in the biergarten!
BLS 24/12/6 Hour Run	Multiple	Sat, Sept. 5	This is a 24/12/6 hour ultra-marathon event where the participant keeps running, and running and running until the 6, 12 or 24 hour clock expires. The runner that has completed the longest distance is the winner. This event is held at the beautiful Lapham Peak state park.
Briggs & Al's Run	8k	Sat, Sept 12	Briggs & Al's Run is Milwaukee's premier sprint event. The event benefits Children's Hospital of Wisconsin. The race is a tour of Milwaukee, starting at Marquette University, running through Downtown Milwaukee and finishing at the Summerfest grounds. The Badgerland Striders are proud of their longstanding participation in the event.
Lakefront Marathon	26.2 mile	Sun, Oct 4	The Lakefront Marathon is the crown jewel of our Club's races. This well-managed event serves the serious runner as a notable alternative to the various mega-marathons in the region. In 2010 the LFM was the RRCA's National Championship for the marathon distance. Remember to sign up early, as this event has been selling out for a number of years.
Lakefront Marathon 5K run/walk	5k	Sun. Oct. 4	A perfect outing for all ages and abilities. Route goes through Lakeshore Park, Veterans Park and finishes through the same finish chute as the marathoners will only minutes later. A great way to participate in "Marathon Weekend"
Glacial Trail	50 mile/50k	Sun, Oct 11	Glacial Trail is our Club's fall trail ultra-marathon event. It is held in the pretty North Kettle Moraine and the fall colors are normally brilliant during the event. This event draws runners nationally.
Lakefront Discovery Run	15k / 5 mile	Sat, Oct 31	The Discovery Run event starts to close out the road race season. This event draws local runners and tri-athletes that are still in shape, but want that one last event before taking some time off from training over the holiday season. With Halloween right around the corner, you can be sure that there will be a party atmosphere.
Turkey Trot	15k/2 mile	Sun, Nov 8	A prediction run, what is that? This event requires each runner to predict how long it will take them to finish their event. The winners are not the first to finish, but those that finish closest to their prediction. This novel event is enjoyed by all participants, ant the prizes, free turkeys, are perfect for the upcoming Thanksgiving celebration.
Strider PR	5k/1 hour	Sun, Dec 6	The Strider "Perfect 10's" has changed and now we will have a unique 1 hour run in addition to a 5k. Run as many laps as you can on the flat and fast Pettit Center indoor trackwe promise you won't get lost and will love our after-party upstairs in the Hall of Fame room.
Track Meets	Various	Tue, May 26 Tue, Jun 30 Tue, Jul 21	These Track Meets are group track meets for all ages and abilities. The events are held mid-week at a local high school track and offer several events for everyone to enjoy. Come test yourself!