

2009 JUNE MVRA RACE CALENDAR

June 6	Flower Power 5k	8:00 a.m.	Des Moines, IA	515.323.6265
June 6	June Bug Jog 5k	7:00 p.m.	Hampton, IL	309.496.9515
June 6	Scandinavian Days 5k	7:30 a.m.	Story City, IA	515.231.2635
June 6	YMCA Rhubarb Run 5k	8:00 a.m.	Aledo, IL	309.582.5101
June 6	Loop the Lakes 5k	8:00 a.m.	Cedar Falls, IA	319.233.0243
June 6	Sauerkraut Days 5k	8:00 a.m.	Ackley, IA	641.847.2803
June 6	Conrad Dash and Splash 5k	8:00 a.m.	Conrad, IA	641-366-2956
June 7	Council Bluffs Half Marathon 5k	7:00 a.m.	Council Bluffs, IA	
June 13	Grandview Gallop 4 miles	8:00 a.m.	Dubuque, IA	563.552.2239
June 13	Race for the Cure-Susan Komen 5k	8:00 a.m.	Moline, IL	563.421.6273
June 13	Run the Flood 7 Mile	9:00 a.m.	Cedar Rapids, IA	563.543.1788
June 13	Rock, Run & Stroll 10k/ 5k	8:00 a.m.	Des Moines, IA	515.243.6239
June 13	Stride to Provide 5k	9:00 a.m.	Fort Dodge, IA	515.573.6705
June 13	Marathon to Marathon and 1/2 Marathon	6:00 a.m.	Storm Lake, IA	712.289.2246
June 13	Clive Run 10k/5k	8:00 a.m.	Clive, IA	515.223.5959
June 13	Hope Run 10k/5k	8:00 a.m.	Ames, IA	515.239.2210
June 19	5k for Karen	7:00 p.m.	Johnston, IA	515.419.1802
June 20	Paul Skeffington Memorial Run 5 Mile	8:00 a.m.	DeWitt, IA	563.659.8500
June 20	Heritage Days Road Race 10k/5k	8:00 a.m.	Rock Rapids, IA	605.366.6251
June 20	Hog Wild Days 5k	8:00 a.m.	Hiawatha, IA	319.389.0429
June 27	Carlisle "Fourth of July" 5k	8:00 a.m.	Carlisle, IA	515.681.5360
June 28	Sturgis Falls 1/2 Marathon and 5k	7:00 a.m.	Cedar Falls, IA	319.277.6526
July 4	Alliant Energy Fifth Season 8k/5k	7:30 a.m.	Cedar Rapids, IA	319.362.2515
SEPTEMBER 7	DUBUQUE BENEFIT CLASSIC ½ MARATHON/5K	7:30 A.M.	DUBUQUE, IA	563-663-2458

A FEW 2009 MARATHONS

JUNE 20	GRANDMA'S MARATHON	218.727.0947
AUGUST 16	PIKES PEAK MARATHON	719.473.2625
SEPTEMBER 27	QUAD CITIES MARATHON	309-751-9800
OCTOBER 4	LAKEFRONT MARATHON	414.476.7223
OCTOBER 4	TWIN CITIES MARATHON	612.925.3500
OCTOBER 11	LASALLE BANK CHICAGO MARATHON	312..904..9800
OCTOBER 18	DES MOINES MARATHON	515.288.2692
OCTOBER 25	ING MARINE CORPS MARATHON	1.800.786.8762
NOVEMBER 1	ING NEW YORK MARATHON	212.423.2249