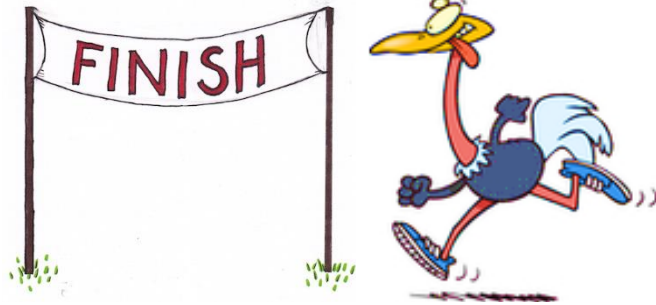


"RUN AMOK" 2023 RACE SERIES (Tentative)



*THIS IS A UNIQUE RACE SERIES CONSISTING OF THREE(3) ONE MILE RACES. YOU MUST RUN AND COMPLETE ALL THREE RACES TO BE ELIGIBLE FOR ANY PRIZES AT THE END OF SERIES.

- #1 ST. JOSEPH SCHOOL "LICKETY SPLIT MILE" (MARCH 26)
- #2 GREENVILLE CONG. CHURCH "GREENVILLE MILE" (JULY 22-29 ???) tentative
- #3 SACRED HEART SCHOOL "DASH TO HEAVEN" (SEPT. 30 ???) tentative

*THE TOP MALE/ FEMALE WITH THE LOWEST ACCUMULATED TIME FROM ALL THREE RACES WILL RECEIVE A VOUCHER FOR A PERSONALIZED APPARELL

*ALL OTHER RUNNERS WHO COMPLETED ALL THREE (3) RACES WILL RECEIVE A FREE SPECIAL PARTICIPANT T-SHIRT. ALL AWARDS WILL BE HANDED OUT AT RACE #3.



3M ROAD RACE COURSE: RACE BEGINS AT THE CORNER OF HIGH ST. AND RT. 207>>>HIGH ST. IS A ONE-WAY STREET COMING IN TOWARDS THE START/FINISH LINE FOR ABOUT 200 YARDS>>>HIGH ST. BECOMES SCOTLAND RD. AND CONTINUES TO THE TURNAROUND POINT, WHICH IS LOCATED IN FRONT OF 834 SCOTLAND RD. AND IS APPROX. 75 YARDS FROM LILIBRIDGE RD.

3 MILE AGE COURSE RECORDS

MALE

AGE 0-14 (2002) CHRIS CROFF {16:18}
 AGE 15-19 (2019) BRANDON MEHLINGER {15:33}
 AGE 20-29 (2002) CHAD JOHNSON {14:48}
 AGE 30-39 (2014) JEFF WADECKI {14:46}***
 AGE 40-49 (2016) CHAD JOHNSON {15:28}
 AGE 50-59 (1999) DENNIS CROWE {15:58}
 AGE 60-69 (2007) DAVE JACOBS {18:44}
 AGE 70+ (2019) TIM SMITH {21:42}

FEMALE

(2014) BRIDGID SELFORS {17:52}
 (2015) BRIDGID SELFORS {17:51}
 (2002) KRISTEN RUFFO {18:36}
 (2002) MELISSA PERKINS-BANAS {17:36}***
 (2022) TRICKY TANKSLEY {18:34}
 (2009) MARY ANNE ROGERS {21:15}
 (2013) MARY SHARKEY {21:33}
 (2022) MARY SHARKEY {24:11}

PAST 3 MILE WINNERS:

(1994) WAYNE JOLLEY/ KAREN GOYETTE (6K)	(1995) AQUINALDO RAMOS/ GALE BALAVENDER (6K)
(1996) ED ZUBRITSKY/ MELISSA PERKINS	(1997) ERIC WORONICK/ CANDICE JOHNSTON
(1998) ED ZUBRITSKY/ MARY HOWE	(1999) MICHAEL RAFFERTY/ LYNNE HILL
(2000) ED ZUBRITSKY/ CINDY LaFRANCE	(2001) TODD BENNETT/ MELISSA PERKINS-BANAS
(2002) CHAD JOHNSON/ MELISSA PERKINS-BANAS	(2003) CHAD JOHNSON/ STEPHANIE JOHNSON
(2004) KYLE FRIEDMAN/ EMILY PHILLIPS-CHAPMAN	(2005) KYLE FRIEDMAN/ MERIDITH FILTEAU
(2006) LARZ SELMER-LARSEN/ EMILY KOMISKY GIETZ	(2007) JEFF WADECKI/ MELISSA PERKINS-BANAS
(2008) JEFF WADECKI/ LAURIE SCHAEFFER	(2009) JEFF WADECKI/ KERRI RUFFO
(2010) JEFF WADECKI/ KERRI RUFFO	(2011) JEFF WADECKI/ JILL VOLLWEILER
(2012) JEFF WADECKI/ LINDA SPOONER	(2013) JEFF WADECKI/ BRIDGID SELFORS
(2014) JEFF WADECKI/ BRIDGID SELFORS	(2015) TODD BENNETT/ BRIDGID SELFORS
(2016) CHAD JOHNSON/ JACLYN SULLIVAN	(2017) TODD BENNETT/ TRICKY TANKSLEY
(2018) BRANDON MEHLINGER/ TRICKY TANKSLEY	(2019) BRANDON MEHLINGER/ ELIANA DUCLOS
(2020) No Race (CO-VID 19)	(2021) RICHARD FERNANDES/ ALEISHA BOZIN
(2022) SAM JOHNSON/ TRICKY TANKSLEY	(2023) ??????????????

THIS RACE WILL GO ON- REGARDLESS OF THE WEATHER..... UNLESS WE HAVE A FLOOD, HURRICANE, TORNADO, BLIZZARD, TYPHOON, TSUMANI, VOLCANO ERUPTION, EARTHQUAKE, FAMINE, PLAGUE....or **CO-VID 19!!**



3 MILE START LINE



1 MILE START LINE

