

NAME \_\_\_\_\_



## 2010 “All Around Runner Award” Checklist



<u>Race</u>	<u>Event Name</u>	<u>Date</u>	<u>Distance</u>	<u>Time</u>
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5k race

10k race  
(Wharf to Wharf qualifies)

Half marathon

Marathon

Trail Race

Relay Race

Track Race  
(1 mile or less)

Cross Country Race