

BCBA RUNNING CLUB

by Wendy S. Meadows



Attention all BCBA Runners and those who just love to run! Below please find our preliminary race calendar for 2010! This year we will also be focusing on volunteering for races as well as scheduling in some weekly practice runs. Stay tuned, and feel free to pass this information along to anyone you think would be interested! BCBA Family Members are also welcome to join us! Please email Wendy (wendymeadows@verizon.net) if you are interested in participating.

Kelly St. Patrick's Day Shamrock 5K

Sunday, March 14, 2010

This race is already closed, but we have been invited by Athlete's Serving Athlete's to volunteer. If you are interested in volunteering with BCBA Run and ASA, please contact me at wendymeadows@verizon.net or call 410-296-8166 x 112.



Believe in Tomorrow
Children's Foundation

Port to Fort 6K

Sunday, April 25, 2010

This race benefits the Believe in Tomorrow Children's Foundation

For more information and to register, please visit <http://www.believeintomorrow.org/p2f/>

Fiesta 5K

Saturday, May 1, 2010

This race benefits BCBA's 2009-2010 charity, the Robert Packard Center for ALS Research at Johns Hopkins.

For more information and to register, please visit

<http://support.alscenter.org/>

I am working on getting together a Team, please sign up under the team, BCBA Run if it is available.



Hope's Heroes 5K

Saturday, June 5, 2010

This cross-country style race benefits Athlete's Serving Athlete's.

For more information and to register, please visit <http://www.hopesheroes.com/>

If you would rather volunteer for this race, please let me know as volunteers are needed.

Stay tuned for additional races and training runs!

Wendy Meadows