

RUNNING FOR A BETTER OAKLAND



SPRING 2019					
Saturday	01/05/2019	8:30 AM	Spring 19 - MS&HS - Practice #1	Open to Middle & High School Students	Channel Park
Saturday	01/12/2019	8:30 AM	Spring 19 - MS&HS - Practice #2 Senior Scholarship Meeting after practice	Open to Middle & High School Students	Channel Park
Saturday	01/19/2019	8:30 AM	Spring 19 - MS&HS - Practice #3	Open to Middle & High School Students	Channel Park
Saturday	01/26/2019	8:30 AM	Spring 19 - MS&HS - Practice #4	Open to Middle & High School	Channel Park
Saturday	02/02/2019	8:30 AM	Spring 19 - K-12 - Practice #1 Spring 19 - MS&HS - Practice #5	Open to K-12 Students	Channel Park
SUNDAY	02/03/2019	TBD	San Francisco Kaiser Half (5K & 10K)	Open to Middle & High School Students	San Francisco
Saturday	02/09/2019	8:30 AM	Spring 19 - K-12 - Practice #2 Spring 19 - MS&HS - Practice #6	Open to K-12 Students	Channel Park
Saturday	02/16/2019	8:30 AM	Spring 19 - K-12 - Practice #3 Spring 19 - MS&HS - Practice #7	Open to K-12 Students	Channel Park
Saturday	02/23/2019	8:30 AM	Spring 19 - K-12 - Practice #4 Spring 19 - MS&HS - Practice #8	Open to K-12 Students	Channel Park
SUNDAY	02/24/2019	TBD	LMJS Couple Relay	Open to K-12 Students	Lake Merritt, Boat House
Saturday	03/02/2019	8:30 AM	Spring 19 - K-12 - Practice #5 Spring 19 - MS&HS - Practice #9	Open to K-12 Students	Channel Park
Saturday	03/09/2019	8:30 AM	Spring 19 - K-12 - Practice #6 Spring 19 - MS&HS - Practice #10	Open to K-12 Students	Channel Park
Saturday	03/16/2019	8:30 AM	Spring 19 - K-12 - Practice #7 Spring 19 - MS&HS - Practice #11	Open to K-12 Students	Channel Park
Saturday	03/23/2019	TBD	EXPO	Open to K-12 Students	Oakland Convention Center
SUNDAY	03/24/2019	TBD	Oakland Marathon 2019	Open to K-12 Students	Lake Merritt

