



# Upcoming Events



**Need some motivation to stay fit this year and have fun too?**

It's easy by attending Albany Running Exchange and ARE Event Productions events! From well-organized club runs and functions to precision chip-timing and entertainment at races, we're here to help you get fit and enjoy it too!

## **ARE's Group FRUN Day — Saturday, March 5, 2016**

Everywhere!

This special day encourages all of us to either post and/or attend a group run. Be part of the frun!

## **ARE's 14th Dodge the Deer 5k — Saturday, April 9, 2016**

Schodack Island State Park | 10am Start Time (Kids Races at 9:15am and 9:30am)

Wow! It's year #14 of ARE's inaugural event, and everyone's invited! With an early entry fee of just \$20 including a merchandise giveaway, B-Tag timing with splits, entertainment, and a large cook-out for all—you can't lose! The course is fast and flat on a perfect surface that is easy on the legs without the technical component experienced on typical trails. Whether this will be your fourteenth time or just your first, head on over and meet Dodge the Deer, Bully the Bear, Chase the Chipmunk and the rest of the characters who make it all happen! See [www.dodgethedeer.com](http://www.dodgethedeer.com) for full info!



## **ARE's Spring Trail Run Series**

Every Monday at 6pm at Tawasentha Park (April through May)

Looking to run on a soft surface in a large group that welcomes all paces!? This is your chance! It's the eight year of the series, which features a 3.5 mile loop and pace groups that truly span the spectrum; usually a few show up to walk too, so anyone can join and no one gets left behind. The free series features great camaraderie in a beautiful place!

## **ARE's Summer Trail Run Series — Every Thursday at 6:30pm at Various Parks around the Capital District | (from 5/26 to 9/1)**

A weekly summertime opportunity for everyone to come together for fun non-competitive runs staged at a changing location each week. These runs are all low-key group runs, with no clock, no awards, and best of all...no fee! Just a nice chance to take advantage of the beautiful summer weather here in Albany and to see all there is to see closer to home than you think!

## **AREEP's Trail Running Camp — Thursday—Sunday, July 14-17, 2016**

Dippikill Wilderness Retreat in Warrensburg, NY



Located in the heart of New York's Adirondack Mountains, this adults-only camp is open to all runners of all abilities. Join us to learn the basics of trail running, take part in yoga sessions, form clinics and other special info sessions. On top of all those great inclusions, you'll also get gourmet meals, access to the pond for kayaking & swimming, as well as free entry into the Froggy Five Mile race at the end of the weekend.

See [www.AREEPTrailRunningCamp.com](http://www.AREEPTrailRunningCamp.com) for full info!

**ARE Group Runs** — Typically an organized run everyday in the Capital District...see the Member's Page for more info!

Find out more about all these events by visiting [www.RUNALBANY.com](http://www.RUNALBANY.com)