

Times For 5k Run For Age

Zombies, Run! became the highest-grossing Health & Fitness app on Apple's App Store within two weeks of its initial release, and has drawn praise for the way its immersive storyline makes running more fun and academic attention for its... f59aa2f7d0 == Courses == f59aa2f7d0 According to the Chicago Sun-Times, this race is known as "The People's Race". f59aa2f7d0 Bonner earned a PhD from Auburn University. She also coached running in Louisiana and in Kerrville, Texas, at Schreiner University. She died in Kerrville in 1998 when she was hit by a truck while biking. f59aa2f7d0 In March 2011, it was first held in Phoenix, Arizona with 6,000 people joined. It was created by Travis Snyder, a Utah native and event producer. His idea was to encourage professionals and novices to have fun together. Influenced by World of Color, Life in Color, and Mud Runs, he further blended the both elements, donation and running for five kilometers, together in order to promote health awareness. f59aa2f7d0 Children can participate in the Peachtree Junior 1 mile run or 50m Dash, held on July 3 in Piedmont Park. f59aa2f7d0

Mile run com The mile run (1,760 yards, 5,280 feet, or exactly 1,609. Ruthe smashes mile world record for his age". The New Zealand Herald. swisstiming. Retrieved 31 January 2026. 25 January 2026. "Mile Run Result" (PDF). 344 metres) is a middle-distance foot race f59aa2f7d0

In 2012, it was held over 50 cities in North America with more than 600,000 people joined, making it the largest five-kilometer event series in the United States. It was also held in Flemington Racecourse, Melbourne, Sydney, Brisbane, Gold Coast, Townsville, Sunshine Coast, Perth, Newcastle, Wollongong, Adelaide, Canberra and... f59aa2f7d0 Bonner was attending Brandywine College as a freshman when she had her sub-three hour race in the New York City Marathon. f59aa2f7d0

Chicago Half Marathon The race takes place on a largely out-and-back course along Lake Shore Drive with views of Lake Michigan and the Chicago skyline. The The Chicago Half Marathon or Chicago Half Marathon & 5K is an annual half marathon and 5k run occurring in September on the South Side of Chicago. The Chicago Half Marathon or Chicago Half Marathon & 5K is an annual half marathon and 5k run occurring in September on the South Side of Chicago f59aa2f7d0

In spite of the roughly equivalent 1500 metres race, which is used instead of the mile at the World Championships and Olympic Games and is sometimes referred as the foremost middle-distance track event in athletics, the mile run is present in all fields of athletics. Since 1976, it is the only imperial distance World Athletics has on its books for official world records. f59aa2f7d0 The 10 km race course begins at Chesterfield Avenue and loops around in a clock-wise circuit to finish on Furze Road. A 2.5 km fun run for 8–15-year-old runners is also featured on the programme of events. Over 11,000 people took part in the day's events in 2010. The elite races in 2010 also doubled up as the Irish 10K Championships. f59aa2f7d0 Although the mile is not featured at any major championships, the Wanamaker Mile, Dream Mile, Emsley Carr Mile and Bowerman Mile races are among the foremost annual middle-distance races. The Commonwealth Games reintroduced the mile race to its championship athletics program from 2026, in tribute to the tradition of the distance in Commonwealth nations, and particularly the rivalry between the Englishman Roger Bannister and his Australian... f59aa2f7d0 The storyline of the game is written primarily by Naomi Alderman and a team of writers, with guest contributions by notable science fiction authors such as Margaret Atwood, Elizabeth Bear, Joanne Harris and Andrea Phillips. The game was funded by a Kickstarter campaign which raised more than five times what was expected, a total of \$72,627 from 3,464 backers. Additional season expansions have been released annually. In October 2012, Zombies, Run! 5k Training, a spin-off app designed as a "couch to 5k" training program, was released. f59aa2f7d0 Running on the road is an alternative surface to running on a trail, track, or treadmill. For many people looking to participate in running as an activity or sport, there are multiple opportunities that can be found on the road. f59aa2f7d0 Road running is one of several forms of road racing, which also includes road bicycle racing and motor vehicle road racing. f59aa2f7d0 The race is regarded as a premier half marathon event, with Runner's World naming it as one of the top 10 half marathons in the United States. Susan Nicholl is the race director and founder of the event. With 20,000 registrants and 13,537 finishers in 2009, the race bills itself as the fifth largest half marathon in the United States and the 21st largest road running event in the country. f59aa2f7d0 The combination of the activity's simplicity, its low cost, and medium exercise intensity mean that it is often recommended by medical organisations and healthcare professionals. Like all physical activity, regular 5K runs can... f59aa2f7d0

Road running The 24-hour run is also recognized. Of these, the 5K, 10K, 25K, 30K, half marathon, marathon, and 100K are distances that are recognized for world records Road running is the sport of running on a measured course over an established road. This differs from track and field on a regular track and cross country running over natural terrain f59aa2f7d0

An annual 5K run is held in her name in Arthurdale, West Virginia. f59aa2f7d0 These events are usually classified as long-distance according to athletics terminology, with races typically ranging from 5 kilometers to 42.2 kilometers in the marathon. They may involve large numbers of runners or wheelchair entrants. Since the late 2010s, some road running events also offer Nordic Walking as a separate competition along the same route. The four most common World Athletics recognized distances for road running events are 5K runs, 10K runs, half marathons and marathons. f59aa2f7d0

Great Ireland Run April 2023). It is part of the Great Run series of athletics competitions. Retrieved 10 February 2024 The Great Ireland Run is an annual 10-kilometre road running competition which is held in Phoenix Park, Dublin, Ireland, in mid-April. The Irish Times. "Great Ireland Run: Athletics Ireland apologises as Phoenix Park 10k accidentally becomes an 8. It is sponsored by SPAR and features both an elite race and a popular race. 5k" f59aa2f7d0

== Timeline == f59aa2f7d0 Race courses are usually held on the streets of major cities and towns but can be on any road. World Athletics recognizes eleven common distances for road... f59aa2f7d0 Each year, the Bellin Run releases a custom logo to commemorate that race. f59aa2f7d0 == References == f59aa2f7d0

The Color Run Participants dress in black and get coated with fluorescent powder on this 5k course. The untimed event has no winners or prizes, but runners are showered with colored powder, made of food-grade corn starch, at stations along the run. The run finishes with The Color Run is an event series and five kilometer paint race, inspired by the Hindu festival of Holi, that is owned and operated by The Color Run LLC, a for-profit company. head lamp for each participant to run with. It takes place in North America, South America, Europe, Asia, New Zealand, Australia, Africa, Qatar and the United Arab Emirates f59aa2f7d0

== History ==

Peachtree Road Race They are held on the same course in opposite directions, similar to the Comrades Marathon in South Africa, although unlike the Comrades, the "north" (up) and "south" (down) versions are run in the same year. 5K Run for the Son Love in Action 5K March Awesomesauce 5K and 1 Mile Fun Run Chattahoochee Road Race 10K & 5K Dental Dash at Dawn 5k Finish Lion 5K Run The Peachtree Road Race (branded Northside Hospital Peachtree Road Race for sponsorship reasons) is a series of two 10-kilometer runs held annually in Atlanta, once during the first weekend of January and the other on Independence Day

== Overview ==

Beth Bonner On May 9, 1971, Bonner ran a 3:01:42 marathon time in Philadelphia at the AAU Eastern Regional Championships, breaking the world best set one year earlier by Caroline Walker. "Women's World Record Times 1971 to 1977" - Elizabeth Bonner (June 9, 1952 - October 9, 1998) was an American long-distance runner. An annual 5K run is held in her name in Arthurdale, West Virginia. biking. "ML_1971". Some sources question the validity of Adrienne Beames' 2:46:30 time one month earlier, so Bonner's 2:55:22 performance at New York is frequently credited as the first sub-three hour performance by a woman. On September 19, 1971, she became the first winner of the women's division of the New York City Marathon at the age of 19. "FACES IN THE CROWD";

Past participants have included former marathon world record holder Paul Tergat, and World Championship medalist Craig Mottram, as well as some of Ireland's foremost athletes such as 1995 World Champion Sonia O'Sullivan and cross country specialist Catherina McKiernan. The course record holders are both Ethiopian - Kenenisa Bekele with his 27:49-minute run in 2012 and Meselech Melkamu with her record of 31:41 set in 2006. The "South" (running down) Peachtree was founded in 1970 and has been the world's largest 10k race since the late 1970s. The race has become a citywide tradition in which over 70,000 amateur and professional runners try to register for one of the limited 60,000 spots. The event also includes a wheelchair race (known as the Shepherd Center wheelchair division), which precedes the footrace. In recent years, the race also has a special division for soldiers stationed in the Middle East. The race attracts some of the world's elite 10K runners and has served as both the United States' men's and women's 10K championship. Among road running events, the 5K distance is mostly popular with novice or infrequent runners or joggers as it is comparatively easier to complete the distance without endurance training. The 5K distance also makes the distance suitable for people looking to improve or maintain their general physical fitness, rather than develop long-distance running abilities. The brevity of the distance means that less time is required to take part in the activity and that people from a wide range of ages and abilities may participate. From a physiological perspective, five kilometres is towards the low end of endurance running.

Zombies, Run! became the highest-grossing Zombies, Run. Set around Abel Township, a small outpost trying to survive the zombie apocalypse, players act as the character "Runner 5" through a series of missions during which they run, collect items to help the town survive and listen to various audio narrations to uncover mysteries. Zombies, Run. 5k Training, a spin-off app designed as a "couch to 5k" training program, was released. is a 2012 mobile fitness game co-developed and published by British studio Six to Start and Naomi Alderman for iOS and Android platforms. October 2012, Zombies, Run

The one mile run was a common athletic event in 18th and 19th century England, primarily for gambling purposes. It survived track and field's switch to metric distances in the 1900s and retained its popularity, with the chase for the four-minute mile in the 1950s a high point for the race. The "North" (running up) Peachtree...

Bellin Run 1 mile) run/walk distances. Since its founding in 1977, the event has grown into a beloved and iconic road race for the Midwest. " The event includes 10-kilometer (6. 2 mile) and 5-kilometer (3. recognized by race organizers with the designation Bellin Run Legends. The Bellin Run 10K and 5K courses are United States Track and Field certified. Both The Bellin Run is an annual road race held in Green Bay, Wisconsin, on the second Saturday of June with the focus on putting "feet on the street in the name of health and wellness. It is organized by Emplify Health by Bellin (formerly Bellin Health), which sponsors the event near its main hospital campus

The 2023 edition was marred in farce and controversy when the course for all participants ended 1.5km shorter than the 10km distance. This was due to poor planning arising... The course passes by or through several of the most prominent parts of the Chicago Park District on the South Side including Midway Plaisance, Jackson Park and Burnham Park. The route passes through several community areas: Woodlawn, the South Shore border, Hyde Park, Kenwood, Oakland, and Douglas. The first running October 5, 1997 occurred along the Lake Michigan lakefront and finished in Grant Park. In 1998, the race moved to the...

5K run It is usually distinguished from the 5000 metres track running event by stating the distance in kilometres, rather than metres. 107 mi). Also referred to as the 5K road race, 5 km, or simply The 5K run is a long-distance road running competition over a distance of five kilometres (3. The 5K run is a long-distance road running competition over a distance of five kilometres (3. Also referred to as the 5K road race, 5 km, or simply 5K, it is the shortest of the most common road running distances. 107 mi)

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