

**Capital City Road Runners and Walkers
Point Series - Event #7**

Jubilant July Jumble (July 22 to July 28)

Wow! The local running calendar is getting crowded at this time of the year. There are several interesting events and with the recent addition of the Striders mile race to the mix, I have decided that this month's point series event will change it's format.

Instead of being just the **Joe McGuire Memorial Run**, Event #7 will be expanded to include any event occurring during the week of July 22 - July 28, 2024. Examples being the **Striders Mile Race** on July 24th or the **Woolastook Whopping Trail Run** on Saturday July 27th.

As always, virtual participation is encouraged if you can not participate in any of the local events. Send in your time for a 1 mile, 5 or 10km distance. Any distance is accepted, but will be extrapolated or cut to one of these distances. I love math! You can also send your Strava or Garmin posts too if that is easier.

Walkers, send in your times too. Any distance, but your data too will be manipulated through the mysticism of my magical math skills to the 1 mile, 3 or 5km distances too.

Let's all try to give Harry Drost, the current points series leader, a run for his money. Harry, If he continues racking up points like he has to date he could possibly run away with it all. And, to think that he "hates running".

Have fun everyone in your upcoming runs or walks. Send me your results at [**sbrtri6069@gmail.com**](mailto:sbrtri6069@gmail.com)

Paul