

RACE OF THE MONTH

Torchlight 5-K

July 21 Minneapolis, Minnesota

RUNNERS CAN celebrate long summer days—and be feted by throngs of cheering spectators—at this Wednesday evening race that starts at 7:30. More than 150,000 people line the first mile and last 400 meters of the course in anticipation of the Torchlight Parade; both events are part of the Aquatennial, the city's 10-day civic celebration. The point-to-point route zips through Minneapolis' historic downtown, beginning at the towering Beaux-Arts Basilica of St. Mary and passing the

modern Guthrie Theater before crossing the Mississippi River on the limestone and granite Stone Arch Bridge, a pedestrian viaduct that curves past the rushing water of St. Anthony Falls. Participants then continue to the city's north side, zipping along the spectator-filled restaurants and bars on Main Street before crossing the river again on a trestle bridge and finishing on 48-acre Nicollet Island. Post-race, runners can kick back with live music and free beer until 10 p.m. at the Nicollet Island Pavilion. torchlight5k.com



For more events, go to runnersworld.com and click on "Races & Places." Race Directors: Please enter your event information at runnersworld.com/racedirectors.

FOOT TOUR

Runners pass old flour mills before crossing the river.



NEW FOR 2010, PARTICIPANTS IN THE MIDNIGHT MADNESS 15-K COMPETITION WILL RUN BOTH SHORTER EVENTS, ONE HOUR APART.

CALENDAR

JULY

10 Festival of Races

Traverse City, Michigan
3,000 RUNNERS

WHY RUN IT?

For the fruit.

This 15-K and 5-K, held during the National Cherry Festival, follow the shores of East Grand Traverse Bay before tackling a mile-long climb through cherry orchards and descending to the finish. Participants can snack on sweet cherries post-race.

festivalofraces.org

10 Midnight Madness 10-K, 5-K

Ames, Iowa
2,100 RUNNERS

WHY RUN IT?

To race into the night.

The 5-K starts at 7:30 p.m. and passes leafy Brookside

Park and the Iowa State University campus. The two-loop 10-K kicks off at 8:30 p.m. Runners can enjoy live music, a spaghetti dinner, and beer and soda til 1 a.m.
amesmidnightmadness.com

11 Los Gatos Jungle Run Half-Marathon

Los Gatos, California
2,500 RUNNERS

WHY RUN IT?

To go wild.

Many runners dress in jungle garb, and awards, T-shirts, and finishers' medals feature the African elephant. The course starts at the Los Gatos High School track before picking up the Los Gatos Creek Trail and meandering through lush Vasona Park, around the Vasona Reservoir, and back.

www.firstwave-events.com

11 Bellport Clipper Classic 5-K

Bellport Village, New York
700 RUNNERS

WHY RUN IT?

To close out the weekend.

This flat Sunday evening race starts in the quaint village of Bellport, then passes 18th-century homes with white picket fences lining the downhill finish. Runners can savor ice cream post-race.

bellportclipperclassic.com

24 Waterfall Glen Xtreme 10

Darien, Illinois
1,000 RUNNERS

WHY RUN IT?

To test yourself.

The tough 10-mile loop course (below) follows a crushed-limestone trail before hitting Big Bertha, a half-mile-long hill. The first man and woman to the top win \$50. Refuel with sausages and hamburgers.

xtreme10race.com

