



## Spring Sprint *Challenge* Series 2021

Spring is almost here so it's time to have some fun, take a challenge and do a bit of speed work.

Introducing the **ATX RUNNERS Spring Sprint *Challenge* Series**. A series of five different 5k routes each starting at O'Henry Middle School. Run one route each week, any day of the week, any time of day. But you must do the defined route for that week.

The ultimate prize...bragging rights within the club.

Here are the details and rules:

1. The ATX RUNNERS Spring Sprint *Challenge* Series is open **only** to members of ATX RUNNERS. A waiver must be on file prior to the start of the series. Here is a link:  
<https://atxrunners.org/waiver>
2. The challenge series, like all ATX runs, is FREE.
3. The series starts on Monday March 15<sup>th</sup>. The series will run for the five weeks starting Monday March 15 (all weeks start on Mon, end on Sun.). We will take a one week break for the week of March 29-April 4 for those who want to participate in the Boat's April Fools event, then we will resume the week of April 5.
  - Spring #1 route March 15-21
  - Spring #2 route March 22-28
  - Boat April Fools event March 29-April 4*
  - Spring #3 route April 5-11
  - Spring #4 route April 12-18
  - Spring #5 route April 19 -25
4. Since you can run whenever you want, bring your own water, snacks, etc.
5. We will also use the normal Ship Tuesday workout to run these routes, but clearly, you can run them on your own.
6. Run Spring Route #1 the first week, Spring Route #2 the second week, etc. Routes must be run in the order listed, within the listed week.
7. Results need to be captured on STRAVA. List each route as Spring #1, Spring #2, etc. To get your run counted, use one of these three options:
  - Follow me on Strava (Vance Taylor) and tag me in the comments of your upload
  - Send me an email with a link to your upload at [vance@atxrunners.org](mailto:vance@atxrunners.org)
  - Not on Strava? Take a screenshot of your GPS watch and send it to [vance@atxrunners.org](mailto:vance@atxrunners.org)
8. See the route list on the next page for turn-by-turn details.
9. We will post who completed each week on Sunday evenings.
10. Those who complete all five get a Finishers Certificate and can participate in a special celebration – more on the celebration later.

Enjoy Spring, have some fun, build some speed. If you have any questions, just email me at:  
[vance@atxrunners.org](mailto:vance@atxrunners.org)

## ATX SPRING SPRINT *Challenge* SERIES

All runs start at 10<sup>th</sup> street and Exposition (Expo) except route # 3

### **Spring #1 week of March 15-21 3.06 miles, 142' elevation**

Left on Expo  
Right on Lake Austin Parkway  
Right on Enfield (cross Expo)  
Right on Possum Trail (doglegs at 12<sup>th</sup>)  
Right on 8<sup>th</sup>  
Right on Norwalk  
Left on 10<sup>th</sup> to Expo

### **Spring #2 week of March 22-28 3.08 miles, 165 feet elevation**

Right on Expo  
Left on Enfield  
Right on Scenic (becomes Cherry)  
Left on Rockmoor  
Right on Meridith  
Right on Pecos  
Left on Enfield  
Right on Expo to 10<sup>th</sup> street

**No Spring Sprint Series Challenge run this week. Check out the Boat's April Fools event  
March 29-April 4**

### **Spring #3 week of April 5-11 3.20 miles, 161 feet elevation**

Start at 10<sup>th</sup> and Norwalk  
Left on Expo  
Left on Lake Austin Parkway  
Right on Veterans, becomes S.F. Austin  
Go to the Cesar Chavez overpass and turn around  
Same route back to 10<sup>th</sup> and Norwalk

### **Spring #4 week of April 12-18 3.23 miles, 208 feet elevation**

Right on Expo – up the hills to the signal at Westover  
Left on Hillview  
Right on Windsor  
Left on Hopi Trail  
Left on Enfield  
Right on Expo to 10<sup>th</sup>

### **Spring Route# 5 week of April 19-25 3.03 miles, 139 feet elevation**

Right on Expo  
Right on 12<sup>th</sup>  
Left on Winsted  
Left on Bowman  
Left on Expo, stop at 10<sup>th</sup> St.