

Get Running Tucson

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Runners on your mark. Two great races are making their way to Tucson in early October, so lace up, warm up and join in the action.



Some of the fastest runners in the nation are set to appear and take part in the Jim Click's Run 'N' Roll race event taking place Sunday October 3rd. Runners can attempt to set their own personal records or just come for the fun of sharing fitness with friends, family and total strangers. The event will also feature an extensive Race Expo, which will include free food, entertainment, health checks, and music.

Former UA track coach, Dave Murray is the race director of this year's event and brings with him more than 35 years of racing experience. Murray was integral in helping to develop a fast, flat, fun course on the beautiful University of Arizona campus.

Coordinators of the event note that a barcode timing system and the time management team of the Southern Arizona Roadrunners (SAR) will be used to assure precise timing for the racers and walkers.

The event encompasses three distinct races: The BeachFleischman PC Open 8k Run/Walk, The Pima Medical Institute's Elite 8k Wheelchair Race and the 3k Ford Motor Company Fun Run.

Allowing for a week of recovery, the Tucson Medical Center will present the 6th Annual Get Moving Tucson on Saturday October 9th. The Get Moving Tucson event will feature a 10 mile run, 5K run/walk and a new 1k noncompetitive family fitness walk.

The TMC Get Moving Tucson start/finish and staging area will be on Church Street just north of Congress Pepsi, Gatorade, Sobe, Muscle Milk, and Sunflower Farmer's Market, plus the many Tucson Meet Yourself ethnic food vendors, there will be plenty of food and drink. Entertainment will include a wide variety of global music and dance, including Afro-Caribbean & Taiko drumming, Salsa & Zumba dancing, Martial Arts demonstrations, games & folk arts activities and much more. Attendees are encouraged to stay for the fun after the run.

To Learn More

Jim Click's Run 'N' Roll, www.runnroll.org.

Get Moving Tucson, www.azroadrunners.org/races/detail/gmt.