News from Nan

NEWS 'N' VIEWS

JACKRABBIT DERBY VIRTUAL 5K

MAY 12, 2021 | ANNA

On May 5, 2021, we ran what was originally supposed to be the Jackrabbit Derby, sponsored by the Empire Running Club.

Because of the continuing COVID-19 restrictions it was turned into a virtual race, with participants running the course of their choice. We chose our usual course covering from 3.0 to 3.5 miles, as shown in the image above. It includes our immediate neighborhood and part of the Sonoma State campus.

We came in just under one hour, which is about the best we can do these days.

This was my first race as an 80-year-old. I hope to do more before the year is over.

2021 CALIFORNIA EMPIRE RUNNING CLUB JACKRABBIT DERBY 5K JOHNSON ROHNERT PARK RUNNING SONOMA STATE UNIVERSITY VAN RAAPHORST