

pamaBEAST!

Series

Pamakids are all over the races, from track to cross-country to ultras, but what about a series that tests your speed, hill-climbing, donut-eating, and Pamakid-camaraderie skills all in one?

To win the awesome Pama-prize and make your mark in this Series, you must be a Pamakid and run or volunteer at 3 of the 6 events. The Four Peak Challenge will count as two events if you make it to all four peaks. Series standings will be posted on our website (www.pamakids.org) so you can track your progress.



Whoa, buddy. Easy there!

To sign up for the series, please email yvonneou@gmail.com. Please let us know if you're interested in volunteering at any race.

The series is free for Pamakids (except usual fee for track workouts). For non-Pamakids, registration is \$5; kids under 18 run for free. All runs are fun runs.



Stage **Four Peak BEAST Challenge**

Sunday, April 24th

1

Kezar track

9:00 am

2 points

Scale Twin Peaks, Mt. Davidson, and Mt. Sutro – the more peaks you climb, the more points you earn. The twist is there is no set course. A great conditioning workout with amazing views.

Stage **Rites of Spring**

Friday, April 29th

2

Lake Merced

6:00 pm

1 point

Run 4.5 miles around Lake Merced in this age- and gender-handicapped race, followed by dinner. Who will be the first to cross the finish line? It might not be one of the usual suspects!

Stage **One Mile Time Trial**

Tuesday, July 19th or July 26th (TBD)

3

Kezar track

6:30 pm

1 point

A classic from Coach Andy – see how you stack up against yourself of years past, or set a new baseline.

Run for the Donuts (and Beer) and post-run BBQ / XC Kickoff

Sunday, July 24th

Stage El Polin Spring, Presidio (north of Julius Kahn Playground)

10:00 am

4

1 point

3-person teams will be randomly formed on race day. Donut eating and beer guzzling are encouraged but optional. Prizes will be given to teams with the highest Donut Index (DI), a score based on total time divided by total team age + number of donuts (and beers) consumed.



Stage **Two Mile Time Trial**

Tuesday, August 9th

5

Kezar track

6:30 pm

1 point

A perfect workout to test your fitness before the start of cross-country!

Stage **IronBEAST Volunteer Triathlon**

Dates T.B.D.

6

1 point each

Stay tuned for rewarding volunteer opportunities with some of the charitable organizations that our club supports.