

Our Mission

TEAM APEX promotes racing, running, & walking; for health, recreation, and/or competition; at any age or ability...from the just-off-the-couch to the nationally competitive. Our focus is on your development to 'unleash YOUR potential', to achieve YOUR personal goals! We are here to guide you...

Workouts: Tuesdays & Thursdays at 5:30pm at Julia Davis Park, Saturdays at 10am at Camelsback Park. Please call or check your weekly workout agenda for any changes.

Contact Info: Call 949-3306 or email info@boiseapex.com to be placed on the weekly WORKOUT AGENDA e-mail list, to have your name added to a race, for a training schedule, or for other information or questions you may have.

2008 TEAM APEX Road Race Schedule

1/27/08	Miami, FL	Miami Half-Marathon	Rose, Kate
3/22/08	Boise, ID	Mad Hatter 5K Run/Walk	Jen, Liz, Scott, Wendy, Alanna
4/21/08	Boston, MA	Boston Marathon	Rose
5/17/08	Boise, ID	Famous Idaho Potato Marathon, Half, 10K, 5K	Jen, Liz, Scott, Wendy, Alanna
6/1/08	Boise, ID	Boise 70.3 Ironman	Kim
6/14/08	Eagle, ID	Eagle Fun Run 10K, 5K, 1 mi kids run	Jen, Liz, Scott, Wendy, Alanna
6/28/08	Boise, ID	Main Street Mile	Kevin
7/12/08	Boise, ID	Fit for Life Half, 10K, 5K	Jen, Liz, Scott, Wendy, Alanna
8/3/08	SF, CA	San Francisco Marathon	Jen, Liz
8/31/08	McCall, ID	Payette Lake Runs 5K, 8.6miles, 30K	
9/20/08	Boise, ID	Women's Fitness Celebration 5K	Jen, Liz, Wendy, Alanna
10/5/08	Boise, ID	City of Trees or Portland Marathon	Scott, Alanna
10/18/08	Boise, ID	Barber to Boise 10K, 5K	
11/22/08	Boise, ID	Turkey Trot Relay 2 miles x 4	
12/20/08	Boise, ID	The Christmas Run 2.5 mi r/w, 10K run	
01/01/09	Boise, ID	Bandana New Years Day 5K run/walk	

2008 TEAM APEX Outdoor Track Schedule

These meets are open to all ages and sexes. Cost \$1.00 per event USATF members, \$2.00 per event non-USATF members.

Th 5/30/08	5:30pm	Timberline HS, Boise	Kevin
Th 6/05/08	5:30pm	Timberline HS, Boise	Kevin
6/12-14		NNU	Kevin
Th 6/19/08	5:30pm	Timberline HS, Boise	Kevin
Th 6/26/08	5:30pm	Timberline HS, Boise	Kevin
Th 7/03/08	5:30pm	Timberline HS, Boise	Kevin
Th 7/10/08	5:30pm	Timberline HS, Boise	Kevin
Th 7/17/08	5:30pm	Timberline HS, Boise	Kevin

Outdoor Track Running Events: (start @6:45pm-each event will begin after the previous event has finished)

1600 meter Race Walk- all ages
 1500 meter - all ages
 80 meter Hurdles - 11-12 (B&G)
 100 meter Hurdles - 13-14 (B&G) 15-16, 17-18 Girls
 110 meter Hurdles - 15-16, 17-18, 19 & up (B&G)
 4x100 Relay - all ages
 50 meter - 10 & under only
 100 meter - all ages, starts w/older ages
 800 meter - all ages
 400 meter - all ages
 400 Hurdles - 15-16, 17-18, OPEN (B&G)
 200 Hurdles - 13-14 only (B&G)
 3000/5000 meter run - 11 & up (B&G)
 200 meter - all ages
 4x400 Relay - all ages