

RUNNING ORLANDO

| DATE | EVENT/DISTANCE | CONTACT | LOCATION | MISC. |
|-------------------------------------|--|-----------------------------------|---|---|
| SUNDAY WEEKLY TBA | GROUP RUNS FROM 290 MORNINGSIDE AVE. | DONNA HIATT 904-255-1279 | DAYTONA BEACH FL | |
| SUNDAY JULY 4 7:30 AM | WATERMELON 5K | EMMI 407-898-1313 | MEAD GARDENS WINTER PARK FL. | |
| SATURDAY JULY 17 8:00 AM | RUN FROM / FOR THE COPS 10K RUN | SHAWN HOYT 772-633-2907 | INDIAN RIVER SHORES FL. | |
| WEDNESDAY AUGUST 4 7:30 AM | TRACK SHACK CELEBRATIONS OF RUNNING 5K | EMMI 407-898-1313 | ORLANDO FL. | |
| SATURDAY AUGUST 14 7:30 AM | TRACK SHACK CELEBRATION OF RUNNING 5K | TRACK SHACK 407-896-1160 | ORLANDO SCIENCE CENTER ORLANDO FL. | |
| SUNDAY AUGUST 15 7:30 AM | I RUN FOR PIZZA FOOTBALL KICK-OFF 5K RUN | 321-751-8890 | MELBOURNE FL. | |
| SATURDAY AUGUST 21 7:30 AM | RUNNING ON ISLAND TIME 5K RUN | www.dmccs.org/5k | MERRITT ISLAND FL. | |
| SATURDAY AUGUST 28 8:00 AM | SPACECOAST JAMBOREE 5K RUNS | JAKE HENDERSON 321-777-3856 | COCOA BEACH REC. DEPT OCOCOA BEACH FL. | |
| SATURDAY SEPTEMBER 4 7:30 AM | SRHS CROSS COUNTRY 5K JAMBOREE | CAROL DUNPHEY 772-532-5771 | SEBASTIAN RIVER H.S. SEBASTIAN RIVER FL. | |
| SATURDAY SEPTEMBER 11 7:30 AM | AUTUMN ROCK 5K | TRACK SHACK 407-896-1160 | CASSELLBERRY FL. | |
| SUNDAY SEPTEMBER 12 TBA | FLORIDA CHALLENGE TRIATHLON INTERMEDIATE COURSE | CFT SOMMER SPORTS 352-394-1320 | CLERMONT FL. | SWIM 1.5K BIKE 40K RUN 10K |
| SUNDAY SEPTEMBER 12 TBA | FLORIDA CHALLENGE TRIATHLON LONG COURSE | CFT SOMMER SPORTS 352-394-1320 | CLERMONT FL. | SWIM 1.2 MILES RUN 56 MILES BIKE 13.1 MILES |
| SUNDAY OCTOBER 31 7:00 AM | DAYTONA BEACH 1/2 MARATHON | JASON MADERER 407-648-4900 X16 | DAYTONA INTN. SPEEDWAY DAYTONA FL. | |
| SATURDAY NOVEMBER 13 TBA | FIGHT FOR AIR CLIMB 25 FLOOR STAIRCLIMB | JEREMY SPACK 407-425-5864 | ORLANDO FL. | |