

RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY WEEKLY 5:30 AM	YMCA MARATHON TRAINING GROUP RUNS - VARIOUS DISTANCES	YMCA - FRED VASCONI 813-222-1334	DOWNTOWN YMCA TAMPA FL	WATER.GATORADE EVERY 2 MILES
SAT AND SUNDAY WEEKLY 6:00 AM	WEST FLORIDA "Y" RUNNERS CLUB GROUP RUNS	SKIP ROGERS trotskip1@ate.net	CITY HALL PLAZA CLEARWATER FL	RUNS BETWEEN 3-23 MILES "DO THE LOOP"
SATURDAY WEEKLY 7:00 AM	FISHHAWK TRAINING RUN 3. 6 OR MORE MILES	STEVE DUNN 813-681-6141	FISHHAWK RANCH LITHIA FL	
SATURDAY WEEKLY 7:00 AM	TAKE THE FIRST STEP ALL LEVELS 3 MILES AND UP	LYNN GRAY 813-481-9310	CARROLLWOOD CORNERS AND TRAILHEAD AT UPPER TAMPA TRAIL	ALL SPEEDS ALL ABILITIES ALL RUNNERS
SUNDAY WEEKLY 7:00 AM	TBR MARATHON TRAINING GRP VARIOUS DIST. AND PACES 4 MILES TO 20 MILES	TONY BRACERO 813-969-4706	NEXT TO FIRE STATION TEMPLE TERRACE FL	ALL WELCOME ALL SPEEDS ALL ABILITIES
FRIDAY JULY 9 7:00 PM	PICNIC ISLAND RUN #3	TAMPARACES.COM 813-232-5200	PICNIC ISLAND TAMPA FL.	
FRIDAY JULY 9 7:00 PM	SUNSET AT THE PIER SERIES #3	SKIP ROGERS 727-442-5838	PIER 60 CLEARWATER FL.	
SUNDAY JULY 11 8:00 AM	RUN THRU HELL 2010 5K	FRPM PROMOTION 813-874-7223	AL LOPEZ PARK TAMPA FL.	
FRIDAY JULY 23 7:00 PM	SUNSET AT THE PIER SERIES #4	SKIP ROGERS 727-442-5838	PIER 60 CLEARWATER FL.	
SATURDAY JULY 24 7:00 AM	WATERMELON RACE SERIES #3	863-682-6200	LAKE HOLLINGSWORTH LAKELAND FL.	
FRIDAY JULY 30 7:00 PM	ST. PETE BEACH SERIES #2	727-360-9213	SIRATA BEACH RESORT ST. PETE FL.	
FRIDAY AUGUST 20 7:00 PM	HIT THE TRAILS CROSS COUNTRY 5K	HIT THE TRAILS 813-681-6141	LITHIA FL.	
SATURDAY AUGUST 21 7:00 AM	WATERMELON RACE SERIES #4	863-682-6200	LAKE HOLLINGSWORTH LAKELAND FL.	
SUNDAY AUGUST 22 7:30 AM	ACES ARE WILD RUNS 5K,10K,15K AND 1/2 MARATHON	AMERICAN RUNNING CO. 727-736-8232	DEL ORO PARK CLEARWATER FL.	
FRIDAY AUGUST 27 7:00 PM	ST. PETE BEACH SERIES #3	727-360-9213	SIRATA BEACH RESORT ST. PETE FL.	
SATURDAY AUGUST 28 7:30 AM	ALL OUT RUN WALK OR CRAWL OUT 5K	813-956-8767	LAKE PARK LUTZ FL.	
SATURDAY SEPTEMBER 4 7:30 AM	FITNICHE 5K	MILTON LYONS 352-220-3824	LAKELAND FL.	
FRIDAY SEPTEMBER 10 6:30 PM	TARPON ROTARY 5K RUN IN THE SUN	727-945-8069 www.tarponrotary.org	FRED HOWARD PARK	
SATURDAY SEPTEMBER 11 7:30 AM	MORTON PLANT MEASE FOUNDATION'S PROSTATE CANCER AWARENESS 5K	SUSAN DANIELS 727-580-1896	CHEEK POWELL WELLNESS CEN CLEARWATER FL.	
SUNDAY SEPTEMBER 12 7:30 AM	ACES ARE WILD RUNS 5K,10K,15K AND 1/2 MARATHON	AMERICAN RUNNING CO. 727-736-8232	DEL ORO PARK CLEARWATER FL.	
SATURDAY SEPTEMBER 25 8:00 AM	MILES FOR HOPE 5K AND 1 MILE	MILES FOR HOPE 727-781-4673	COACHMAN PARK CLEARWATER FL.	
SATURDAY SEPTEMBER 25 8:00 AM	ZOO RUN RUN 5K AND 1 MILE RUN	813-935-8552 X239	THE ZOO TAMPA FL.	
SATURDAY OCTOBER 2 7:30 AM	SUSAN G. KOMEN RACE FOR THE CURE 5K	SUSAN DANIELS 727-580-1896	VINOY PARK ST. PETE. FL.	
SATURDAY OCTOBER 9 7:00 AM	JOHN HOLMES 50K 50K AND 16 MILE FUN RUN	JIM BODOH 813-884-1862	WITHLACOOCHEE STATE FORRE BROOKSVILLE FL.	
SATURDAY OCTOBER 9 8:00 AM	TAMPA POLICE MEMORIAL RUN 5K AND 1 MILE	813-310-5012	DOWNTOWN TAMPA FL.	
SUNDAY OCTOBER 10 7:30 AM	ACES ARE WILD RUNS	AMERICAN RUNNING CO. 727-736-8232	DEL ORO PARK CLEARWATER FL.	
SUNDAY OCTOBER 10 8:30 AM	BARE DARE 5K	PETE WILLIAMS 727-643-9597	CALIENTE RESORT & SPA LAND O' LAKES FL.	

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SATURDAY OCTOBER 16 8:00 AM	FOUR GREEN MILES 4 MILER	INFORMATION 813-251-0984	AL LOPEZ PARK TAMPA FL.	
SATURDAY OCTOBER 16 8:00 AM	RATTLESNAKE RUN 5 MILER AND 1 MILE	R.A.G.E 352-588-4444	SAN ANTONIO FL.	
SATURDAY OCTOBER 16 8:00 AM	SPARTAN CHALLENGE #4	DROR VAKNIN 813-846-5021	UNIVERSITY OF TAMPA PEPIN ROOD STADIUM TAMPA FL.	
SATURDAY OCTOBER 23 7:45 AM	HUSTLE IN THE HARBOR 5K AND 1 MILE	DESIREE DORRIE 727-480-2828	DOWNTOWN PALM HARBOR PALM HARBOR FL.	
SATURDAY OCTOBER 23 8:00 AM	RUN FOR LIFE 5K WALK & RUN	HOLLY BROWN 813-695-7036	TAMPA FL.	
SUNDAY OCTOBER 31 TBA	2ND ANNUAL HALLOWEEN HALFATHON AND 5K	FLORIDARACES 727-347-4440	FORT DESOTO PARK ST. PETE FL.	
FRIDAY NOVEMBER 5 7:00 PM	RICHARD'S RUN FOR LIFE 5K	FRPM PROMOTION 813-874-7223 richardsrunforlife.org	CENNENTIAL PARK YBOR CITY TAMPA FL.	BEST FOOD RACE IN THE STATE OF FLORIDA
SUNDAY NOVEMBER 7 7:30 AM	ACES ARE WILD RUNS	AMERICAN RUNNING CO. 727-736-8232	POP STANSELL PARK PALM HARBOR FL.	
SUNDAY NOVEMBER 7 8:00 AM	WEST PASCO TURKEY TROT 5K AND 1 MILE	GEORGE ONUSKA 727-376-0359	SIMS PARK NEW PORT RICHEY FL.	
SUNDAY NOVEMBER 7 8:00 AM	WILDHORSE 1/2 MARATHON	TAMPARACES.COM 813-232-5200	ALFIA RIVER STATE PARK LITHIA FL.	
SUNDAY NOVEMBER 21 TBA	WOMEN'S 1/2 MARATHON 13.1 MILES	727-502-9202 X300	DOWNTOWN ST. PETE DL.	
SUNDAY NOVEMBER 21 8:00 AM	X-COUNTRY MARATHON 30K, 13.1 AND 5K	TAMPARACES.COM 813-232-5200	ALFIA RIVER STATE PARK LITHIA FL.	
SUNDAY DECEMBER 5 7:00 AM	BRANDON 1/2 MARATHON AND 5K	BRANDON INFO 813-681-4279	BRANDON FL.	
SUNDAY DECEMBER 12 TBA	9TH ANNUAL HOLIDAY HALFATHON	FLORIDARACES 727-347-4440	MADERIA BEACH FL.	
SATURDAY MARCH 26 TBA	FIGHT FOR AIR CLIMB 42 FLOOR STAIRCLIMB	JAMIE KAHNS 727-347-6133	TAMPA FL.	