

## 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 6:30 AM	BRA GROUP RUNS 6 DAYS / WEEK LR SAT AT 6:30 AM, M-TH AT 6:30 AM, SUN AT 5 PM	TOM MISTROT 813-732-6512	VARIOUS LOCATIONS BRANDON FL	4 CERTIFIED COACH MULTIPLE PACE GRO ALL ARE WELCOME
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	COLEEN CHRISTENSEN 813-385-9715	CITRUS PARK PLAZA 7620 GUNN HWY.	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
TUESDAY NITE WEEKLY 6:30 PM	PROGRESSIVE TRAINING TEAM TRACK WORK OUTS	DROR VAKNIN 813-846-5021	UNIVERSITY OF TAMPA TRACK TAMPA FL	coachdror@aol.com
FRIDAY JULY 10 7:00 PM	PICNIC ISLAND RACE #3	TAMPARACES.COM 813-232-5200	PICNIC ISLAND TAMPA FL	
FRIDAY JULY 17 7:00 PM	HIT THE TRAILS SUMMER SERIES #2	HIT THE TRAIL 813-681-6141	FISHHAWK RANCH LITHIA FL.	
SUNDAY JULY 19 7:30 AM	RUN TO THE HORIZON 5K	FRPM PROMOTION 813-874-7223	AL LOPEZ PARK TAMPA FL	
WEDNESDAY JULY 22 6:30 PM	TAKE THE FIRST STEP RACE SERIES #3	TAKE THE FIRST STEP 813-481-9310	AL LOPEZ PARK TAMPA FL	
FRIDAY JULY 24 7:00 PM	SUNSET AT THE PIER BEACH SERIES #3	SKIP ROGERS trotskip1@ate.net	PIER 60 CLEARWATER BEACH FL.	
FRIDAY JULY 31 7:00 PM	ST. PETE BEACH SUMMER SERIES #2	BEN FUDGE 727-390-9213	SIRATA BEACH RESORT ST. PETE BEACH FL.	
WEDNESDAY AUGUST 5 6:30 PM	TAKE THE FIRST STEP RACE SERIES #4	TAKE THE FIRST STEP 813-481-9310	AL LOPEZ PARK TAMPA FL	
FRIDAY AUGUST 7 7:00 PM	SUNSET AT THE PIER BEACH SERIES #4	SKIP ROGERS trotskip1@ate.net	PIER 60 CLEARWATER BEACH FL.	
FRIDAY AUGUST 14 7:00 PM	HIT THE TRAILS SUMMER SERIES #3	HIT THE TRAIL 813-681-6141	FISHHAWK RANCH LITHIA FL.	
SUNDAY AUGUST 16 7:30 AM	ACES OF DIAMOND 5K	AMERICAN RUNNING CO. 727-736-8232	DEL ORO GROVE PARK CLEARWATER FL.	
SATURDAY AUGUST 22 7:30 AM	ALL OUT RUN,WALK OR CRAWL OUT 5K	813-956-8767	LAKE PARK NORTH TAMPA FL.	
FRIDAY AUGUST 28 7:00 PM	ST. PETE BEACH SUMMER SERIES #3	BEN FUDGE 727-390-9213	SIRATA BEACH RESORT ST. PETE BEACH FL.	
SATURDAY SEPTEMBER 5 7:30 AM	FITNICHE 5K	863-619-5390	LAKESIDE VILLAGE LAKELAND FL.	
SATURDAY SEPTEMBER 12 8:00 AM	ZOO RUN RUN 5K AND 1 MILE FUN RUN	INFORMATION 813-935-8552 X239	LOWRY PARK ZOO TAMPA FL.	
SUNDAY SEPTEMBER 13 7:30 AM	ACES OF CLUBS 10K AND 5K	AMERICAN RUNNING CO. 727-736-8232	DEL ORO GROVE PARK CLEARWATER FL.	
SATURDAY SEPTEMBER 19 8:00 AM	RANCH RUN 5K	813-247-8115	TEMPLE TERRACE ELEM. TEMPLE TERRACE FL.	
SUNDAY SEPTEMBER 20 8:00 AM	DONATE LIFE 5K	GEORGE ROBY 813-672-2134 954-821-7009	BRANDON FL.	
SATURDAY SEPTEMBER 26 7:45 AM	MOVING TOWARDS A CURE '09 MILES FOR HOPE 5K AND 1 MILE FUN RUN	727-647-6548	COACHMAN PARK CLEARWATER FL.	
SATURDAY OCTOBER 3 8:00 AM	GREAT DONUT DASH 5K	WILLIAM CHIRINOS 863-660-9858	LAKE HOLLINGSWORTH LAKELAND FL.	
SUNDAY OCTOBER 11 7:30 AM	ACES OF HEARTS 15K AND 5K	AMERICAN RUNNING CO. 727-736-8232	DEL ORO GROVE PARK CLEARWATER FL.	

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SATURDAY OCTOBER 17 8:00 AM	RATTLESNAKE RUN 5 MILE AND 1 MILE	BRYAN FLICK 352-588-4657	SAN ANN RESTURANT SAN ANTONIO FL.	SCENIC HILLY COUR GREAT SHIRTS ! POST RACE PARTY !
SATURDAY OCTOBER 31 TBA	INAUGURAL HALLOWEEN HALFATHON 13.1 MILES	VOICEMAIL 727-347-4440	FORT DESOTO PARK ST. PETE FL.	
FRIDAY NOVEMBER 6 TBA	RICHARD'S RUN FOR LIFE 5K	FRPM PROMOTION 813-874-7223	CENNENTIAL PARK YBOR CITY FL.	
SUNDAY NOVEMBER 8 7:30 AM	BLUE MOON 1/2 MARATHON AND 5K RUN	AMERICAN RUNNING CO. 727-736-8232	POP STANSEL PARK PALM HARBOR FL.	
SUNDAY NOVEMBER 22 TBA	WOMEN'S HALF MARATHON	INFORMATION 727-502-9202 X300	DOWNTOWN ST. PETE FL.	
SUNDAY NOVEMBER 22 7:30 AM	X-COUNTRY MARATHON MARATHON,50K, 13.1 AND 5K	TAMPARACES.COM 813-232-5200	ALAFIA RIVER STATE PARK LITHIA FL.	
SUNDAY DECEMBER 6 7:00 AM	BRANDON 1/2 MARATHON 13.1 AND 5K	INFORMATION 813-684-0224 X212	BRANDON FL.	
SUNDAY DECEMBER 13 TBA	8TH ANNUAL HOLIDAY HALFATHON 13.1 MILES	VOICEMAIL 727-347-4440	MADERIA BEACH FL.	
SATURDAY DECEMBER 19 8:00 AM	SAY NO TO DRUGS 10K AND 5K	CHRIS ALEXANDER 727-434-3409	CLEARWATER FL.	
SATURDAY JANUARY 23 TBA	5TH ANNUAL CLEARWATER HALFATHON -- 3.1 MILES & 5 M	VOICEMAIL 727-347-4440	CLEARWATER FL.	
SUNDAY JANUARY 24 TBA	7TH ANNUAL GULF BEACHES MAR. 26.2 MILES	VOICEMAIL 727-347-4440	CLEARWATER FL.	
SATURDAY MARCH 20 TBA	2009 FIGHT FOR AIR CLIMB	1800-LUNG-USA	TAMPA FL.	
SUNDAY MARCH 21 TBA	INAUGURAL FLORIDA'S BEACH HALFATHON 13.1 M	VOICEMAIL 727-347-4440	FORT DESOTO PARK ST. PETE FL.	