

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 MAY 7 7:00 PM	PICNIC ISLAND RUN #1	TAMPARACES.COM 813-232-5200	PICNIC ISLAND TAMPA FL.	
SATURDAY MAY 8 7:00 PM	ULTRA MILES FOR MOFFITT 12 HOUR ENDURANCE RUN	PETE PFANNERSTILL 813-482-7200	USF CAMPUS TAMPA FL.	
SUNDAY MAY 9 8:00 AM	I LOVE "MOTHER" DAY 5K	AMERICAN RUNNING CO. 727-736-8232	JOHN CHESTNUT PARK PALM HARBOR FL.	
SUNDAY MAY 9 8:00 AM	PLANT PANTHER 5K	MIKE BOZA 813-244-8908	AL LOPEZ PARK TAMPA FL.	
SATURDAY MAY 15 7:15 AM	MILES FOR MOFFITT 5 MILE AND 5K	www.milesformoffitt.com	USF CAMPUS TAMPA FL.	
SATURDAY MAY 15 8:00 AM	HOG HUSTLE 5K	AMERICAN RUNNING CO. 727-812-4537	KNOLOGY PARK DUNEDIN FL.	
SATURDAY MAY 22 8:00 AM	U.S. SECRET SERVICE 5K	uss5k@yahoo.com www.uss5krun.com	ST. PETE TIMES FORUM DOWNTOWN TAMPA FL.	
SATURDAY MAY 22 8:30 AM	PURPLESTRIDE TAMPA BAY 5K	TRACY CONNOLLY 727-744-4026 www.purplestride.org	WAR MEMORIAL PARK ST. PETE FL.	
FRIDAY JUNE 4 7:00 PM	SUNSET AT THE PIER SERIES #1	SKIP ROGERS 727-442-5838	PIER 60 CLEARWATER FL.	
SATURDAY JUNE 5 8:00 AM	SPRING INTO SUMMER 5K AND 1 MILE	CHRISTINA MITCHELSON 813-263-5944	AL LOPEZ PARK TAMPA FL.	
FRIDAY JUNE 11 7:00 PM	OLDSMAR TAPHOUSE 5K	DESIGN SPORTS 727-420-4666 813-874-7223	OLDSMAR FL.	
FRIDAY JUNE 11 7:00 PM	PICNIC ISLAND RUN #2	TAMPARACES.COM 813-232-5200	PICNIC ISLAND TAMPA FL.	
SATURDAY JUNE 12 8:00 AM	RAP RIVER RUN 5K AND 1 MILE	727-934-5320 www.rapriverrun.com	SIMS PARK DOWNTOWN NEW PORT RICHEY FL.	
FRIDAY JUNE 18 7:00 PM	SUNSET AT THE PIER SERIES #2	SKIP ROGERS 727-442-5838	PIER 60 CLEARWATER FL.	
SUNDAY JUNE 20 8:00 AM	I LOVE "FATHER" DAY 5K	AMERICAN RUNNING CO. 727-736-8232	JOHN CHESTNUT PARK PALM HARBOR FL.	
FRIDAY JUNE 25 7:00 PM	ST. PETE BEACH SERIES #1	727-360-9213	SIRATA BEACH RESORT ST. PETE FL.	
SATURDAY JULY 3 8:00 AM	IUTZ DAY INDEPENDENCE DAY RUN 5K AND 1 MILE	TERRY DONAVAN 813-949-6659	LUTZ FL.	
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 6:45 PM	SUNSET AT THE PIER SERIES #4	SKIP ROGERS 727-442-5838	PIER 60 CLEARWATER FL.	
FRIDAY JULY 30 7:00 PM	ST. PETE BEACH SERIES #2	727-360-9213	SIRATA BEACH RESORT ST. PETE FL.	

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FRIDAY AUGUST 20 7:00 PM	HIT THE TRAILS CROSS COUNTRY 5K	HIT THE TRAILS 813-681-6141	LITHIA 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.	
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.	
SUNDAY OCTOBER 10 7:30 AM	ACES ARE WILD RUNS	AMERICAN RUNNING CO. 727-736-8232	DEL ORO PARK CLEARWATER FL.	
SUNDAY NOVEMBER 7 7:30 AM	ACES ARE WILD RUNS	AMERICAN RUNNING CO. 727-736-8232	POP STANSELL PARK PALM HARBOR FL.	
SUNDAY NOVEMBER 21 TBA	WOMEN'S 1/2 MARATHON 13.1 MILES	727-502-9202 X300	DOWNTOWN ST. PETE DL.	