

## 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	MICHAEL WEISS 727-644-7702	CITY HALL PLAZA CLEARWATER FL	RUNS BETWEEN 3-23 MILES "DO THE LOOP"
SUNDAY WEEKLY 7:00 AM	BRA GROUP RUNS - TUES 4 MILES 6:30 PM NATURES WAY THURS 6:30 PM BLOOM. TRK	LARRY BASS 685-6299	VARIOUS LOCATIONS BRANDON FL	SUNDAY 6:00 AM NATURES WAY BRANDON FL.
SATURDAY WEEKLY 7:00 AM	FISHHAWK TRAINING RUN 3, 6 OR MORE MILES	STEVE DUNN 813-681-6141	FISHHAWK RANCH FISHHAWK FL.	
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 WEEKLY 6:15 PM	FISHHAWK RUUNERS CLUB TEMPO RUN / HILL WORK	STEVE DUNN 813-681-6141	FISHHAWK RANCH FISHHAWK FL.	
TUESDAY NITE WEEKLY 6:30 PM	PROGRESSIVE TRAINING TEAM TRACK WORK OUTS	DROR VAKNIN 813-846-5021 www.runproagressive.com	UNIVERSITY OF TAMPA TRACK TAMPA FL	coachdror@aol.com
TUESDAY WEEKLY 6:30 PM	TAKE THE FIRST STEP TRACK WORKOUTS	LYNN GRAY 813-961-9347	HILL MIDDLE SCHOOL TRACK NORTH TAMPA FL.	ALL ABILITY LEVELS OF RUNNERS WELC
MONDAY WEEKLY 6:30 PM	TAKE THE FIRST STEP SPEED WALK & BEGINNER JOGGER WORKOUTS	LYNN GRAY 813-961-9347	HILL MIDDLE SCHOOL NORTH TAMPA FL	ALL ALBILITIES LEVELS OF RUUNER WELCOME
FRIDAY NOVEMBER 2 6:30 AM	RICHARD'S RUN FOR LIFE 5K	FRPM PROMOTIONS 813-874-7223	YBOR CITY TAMPA FL.	
SATURDAY NOVEMBER 3 8:00 AM	NORTHDAL PUMPKIN RUN 5K	813-962-3220	NORTHDAL NORTH TAMPA FL.	
SATURDAY NOVEMBER 17 8:00 AM	FLORIDA SOUTHERN COLLEGE ROTC TURKEY TROT 5K	863-680-4235	LAKE HOLLINGSWORTH LAKELAND FL.	
SUNDAY NOVEMBER 18 7:45 AM	THE X' COUNTRY MARATHON HALF MARATHON AND 5K	TAMPARACES.COM 813-232-5200	ALAFIA STATE PARK LITHA FL.	
THURSDAY NOVEMBER 22 7:30 AM	TIMES TURKET TROT 10K AND 5K	SKIP ROGERS 727-442-5838	JACK WHITE STADIUM CLEARWATER FL.	
SATURDAY NOVEMBER 24 8:00 AM	RUN THRU THE JUNGLE 5K	FRPM PROMOTION 813-874-7223	PHILLIPE PARK SAFETY HARBOR FL.	
SATURDAY DECEMBER 1 7:00 AM	CLIMB ST. PETE	72-347-6133	DOWNTOWN ST. PETE FL.	
SATURDAY DECEMBER 1 8:00 AM	ARTHRITIS JINGLE BELL 5K	800-850-9455 www.arthritis.org	FRED HOWARD PARK TARPON SPRINGS FL.	LONG SLEEVE SHIRT
SATURDAY DECEMBER 1 8:00 AM	MADD DASH FOR SADD 5K	LYNN GRAY 813-961-9347	AL LOPEZ PARK TAMPA FL	
SATURDAY DECEMBER 1 8:30 AM	RUN WITH THE STARS 5K	TERRI DIOQUINO 727-582-6301	FORT DESOTO PARK ST. PETE FL.	
SUNDAY DECEMBER 2 7:00 AM	BRANDON 1/2 MARATHON & 5K	INFORMATION LINE 813-684-0224 X212	SABAL PARK BRADON FL.	
SUNDAY DECEMBER 2 8:00 AM	FLAPJACK 5K	KRIS KEPPEL 813-794-9434	LAND O LAKRS FL.	
WEDNESDAY DECEMBER 5 7:00 PM	ARTHRITIS JINGLE BELL 5K	800-850-9455 www.arthritis.org	LOWRY PARK ZOO TAMPA FL	LONG SLEEVE SHIRT
SATURDAY DECEMBER 8 8:00 AM	ARTHRITIS JINGLE BELL 5K	800-850-9455 www.arthritis.org	LAKE HOLLINGSWORTH LAKELAND FL.	LONG SLEEVE T-SHI
SATURDAY DECEMBER 8 8:00 AM	LANSBROOK LAKEFRONT CLASSIC 5K AND 1 MILE	LESLIE STALLING 727-772-9622	JACK CHESTNUT PARK PALM HARBOR FL.	
SATURDAY DECEMBER 8 8:00 AM	TAMPA BAY LIGHTNING REINDEER RUN 5K	TAMPA BAY LIGHTNING 813-301-6590	ST. PETE FORUN TAMPA FL	
SATURDAY DECEMBER 8 8:05 AM	SAFETY HARBOR MULTI SPORT WEEKEND 5K RUN	INFORMATION LINE 727-642-3929	SAFETY HARBOR FL.	
SUNDAY DECEMBER 9 7:30 AM	GULF BEACHES HOLIDAY HALFATHON 13.1	INFORMATION 727-347-4440	MADEIRA TO TAYLOR PARK LARGO FL.	

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WEDNESDAY DECEMBER 12 7:00 PM	BOLEY'S JINGLE BELL RUN 3 MILE AND 1 MILE	727-821-4819 X5700	DOWNTOWN ST. PETE FL.	
SATURDAY DECEMBER 15 8:00 AM	SAY NO TO DRUGS 10K AND 5K	CHRIS ALEXANDER 727-434-3409	CLEAEWATER FL.	
SATURDAY DECEMBER 29 9:00 AM	BLIZZARD BLAST 5K	FRPM 813-874-7223	AL LOPEZ PARK TAMPA FL	
SATURDAY JANUARY 12 8:30 AM	RUN THRU THE PARK 5K	BONNIE 727-831-2974	JACK CHESTNUT PARK PALM HARBOR FL.	
SATURDAY JANUARY 19 7:15 AM	ST. PETE CLASSIC 10K AND 5K	INFORMATION 727-367-RACE	ST. PETE BEACH FL.	
SUNDAY JANUARY 20 7:30 AM	CLEARWATER HALFATON 13.1 MILES	727-347-4440	CLEARWATER FL.	
SUNDAY JANUARY 20 8:00 AM	BE A SPARTAN CONQUOR FIELD OF DREAMS 5K	DROR VAKNIN 813-846-5021	DOVER HORSE TRAILS BRANDON FL.	
SATURDAY JANUARY 26 8:00 AM	FISHHAWK RANCH 5K AND 10K	HIT THE TRAILS 813-681-6141	FISHHAWK WELCOME CENTER BRANDON FL.	
SATURDAY JANUARY 26 8:45 AM	RUN WITH THE NUNS 5K AND 1 MILE	813-245-2998	WAR VETERAN'S PARK ST. PETE FL.	
SUNDAY JANUARY 27 TBA	FLORIDA CHALLENGE 1/2 MARATHON AND 5K	TAMPARACES.COM 813-232-5200	ALFIA RIVER STATE PARK LITHIA FL.	
FRIDAY FEBRUARY 1 7:00 PM	ROTARY TWILIGHT 5K RUN	BILL LITTLE 863-616-1234	LAKE HOLLINGWORTH LAKELAND FL.	
SATURDAY FEBRUARY 2 8:00 AM	FLATLANDERS CHALLENGE 10K AND 5K	352-585-6244	BROOKSVILE FL.	
SATURDAY FEBRUARY 9 8:00 AM	GASPARILLA DISTANCE CLASSIC 15K AND 5K	INFORMATION 813-254-7866	DOWNTOWN TAMPA FL	
SUNDAY FEBRUARY 10 TBA	GASPARILLA DISTANCE CLASSIC HALF AND MARATHON	INFORMATION 813-254-7866	DOWNTOWN TAMPA FL	
SATURDAY FEBRUARY 16 7:30 AM	RUN YOUR HEART OUT 5K AND 1 MILE	KELLIE TAYLOR 727-796-1333	COUNTRYSIDE CLEAEWATER FL.	
SATURDAY FEBRUARY 16 8:00 AM	WHARTON RUN 5K AND 1 MILE	KAREN CHILDS 813-928-1882	LIVE OAK PRESERVE ACROSS FROM WHARTON H. S. NORTH TAMPA FL.	
SATURDAY FEBRUARY 16 8:30 AM	CHINSEGUT RUN AND FUN RUN 5K AND 1 MILE	CHRISTIN WOOD 352-754-6722	CHINSEGUT BROOKSVILE FL.	
SATURDAY FEBRUARY 23 7:30 AM	ZOO ZOOM 5K RUN	KATIE MENTH 813-935-8552 X235	LOWREY PARK ZOO TAMPA FL	
SATURDAY FEBRUARY 23 8:00 AM	BOLT RUN 5K	COURTNEY SIMONS 813-301-6855	ICE PALACE DOWNTOWN TAMPA FL.	
SATURDAY FEBRUARY 23 8:00 AM	CLIMB TAMPA	727-347-6133	DOWNTOWN TAMPA FL.	
SATURDAY FEBRUARY 23 8:00 AM	SUNCOAST CLASSIC 5K AND 10K	727-767-8221	BAYWALK DOWNTOWN ST. PETE FL.	
FRIDAY MARCH 7 7:00 PM	RUN FOR SHELTER 5K	FRPM PROMOTION 813-874-7223	CENTENNIAL PARK YBOR CITY FL.	
SATURDAY MARCH 8 8:00 AM	ARMADILLO CLASSIC 10K AND 5K	COLLEN MORRISETTE 813-855-5824	OLDSMAR FL.	
SATURDAY MARCH 8 8:00 AM	STRAWBERRY CLASSIC 10K AND 5K	LARRY OLSEN 813-695-3877	TEMPLE TERRACE ELEM. TEMPLE TERRACE FL..	
SUNDAY MARCH 9 TBA	TROUT CREEK 15K AND 5K	TAMPARACES.COM 813-232-5200	TAMPA FL	
FRIDAY MARCH 14 7:00 PM	SHAMROCK N RUN 5K RUN, 1.5 MILE WALK KIDS FUN RUN	SKIP POTTS 727-587-6740 X5016	LARGO FL.	
SUNDAY MARCH 16 7:45 AM	BAY TO BAY CLASSIC 12K AND 5K	INFORMATION 727-367-RACE	ST. PETE FROM BOCA CIEGA BAY TO TAMPA BAY	

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SUNDAY MARCH 16 8:00 AM	ST. PATRICK'S DAY RUN 10K AND 5K	SABAL PARK BRANDON FL.	INFORMATION 813-684-0224 X212	
SATURDAY MARCH 22 TBA	CROOMTRAIL FOOLS RUN 50 MILE, 50K, 15 MILES	TAMPARACES.COM 813-232-5200	BROOKSVILE FL.	
SATURDAY MARCH 22 8:00 AM	HARE RACING EXPERIENCE 5K AND 1 MILE	TOM ORTH 813-870-3414	USF CAMPUS TAMPA FL	
SATURDAY MARCH 29 7:00 AM	JESSIE RUN "RUN FOR INNOCENCE" 5 MILE AND 5K	KECIA RICHARDSON 813-727-0786	ST. PETE TIMES FORUM TAMPA FL	
SUNDAY MARCH 30 TBA	MAX BAYNE 1/2 MARATHON 13.1 AND 5K	MICHAEL WEISS 727-644-7702	FORT DESOTO PARK ST. PETE FL.	
SATURDAY APRIL 5 8:00 AM	8TH ANNUAL RALLY TO REMEMBER CHASCO CHALLENGE 5K,10K AND 1/2 MARATHON	JOHN GRECO 888-496-8004	NEW PORT RICHEY FL.	
SATURDAY APRIL 5 8:00 AM	RYKA IRON GIRL 10K AND 5K	INFORMATION LINE 727-942-4767 X231	COACHMAN PARK CLEARWATER FL.	
SUNDAY APRIL 6 8:00 AM	FLATWOODS 4 4 MILER	TAMPARACES.COM 813-232-5200	TAMPA FL	
SUNDAY APRIL 6 8:00 AM	RUN FOR THE MATZAH'S 5K	MINDY SOLOMON 727-588-0100	TAYLOR PARK LARGO FL.	
SATURDAY APRIL 12 7:30 AM	TEMPLE TERRACE ROAD RACE 10K AND 5K	SCOTT ANDREWS 813-989-7180	TEMPLE TERRACE FL..	
SATURDAY APRIL 26 8:00 AM	DRAFT DAY 5K	FRPM PROMOTION 813-874-7223	RAYMOND JAMES STADIUM TAMPA FL	
SATURDAY MAY 3 8:00 AM	MAY CLASSIC 5K 5K AND 1 MILE FUN RUN	MARISA ADAMS 813-675-5488	HYDE PARK TAMPA FL.	
SUNDAY MAY 4 8:00 AM	DARE TO GO BARE 5K AND 1.5K WALK	RENE 813-909-8641	LAKE COMO LUTZ FL.	
SATURDAY MAY 17 8:00 AM	SECRET SERVICE RUN 5K	ERIN GIFFORD 813-227-2380	ST. PETE FORUM DOWNTOWN TAMPA FL.	