

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
SUNDAY WEEKLY 6:00 AM	WEST FLORIDA "Y" RUNNERS CLUB GROUP RUNS	MICHAEL WEISS 727-644-7702	BAYFRONT TENNIS COMPLEX 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.
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
MON/WED/THURS. WEEKLY 6:00 PM	TAMPA METRO MASTER SWIM PROGRAM FOR ADULTS	JENNIFER FRANKOWIAK 813-597-0288	MEMORIAL POOL TAMPA FL.	COST \$30 PER MONT \$75 - 3 MONTHS
TUESDAY NITE WEEKLY 6:30 PM	PROGRESSIVE TRAINING TEAM TRACK WORK OUTS	DROR VAKNIN 813-846-5021 www.runprogressive.com	UNIVERSITY OF TAMPA TRACK TAMPA FL	coachdror@aol.com
WEDNESDAY WEEKLY 6:30 PM	TAKE... THE FIRST STEP VARIOUS DISTANCES	LYNN GRAY 813-961-9347	HILL MIDDLE SCHOOL NORTH TAMPA FL	TRACK w/o WED. ALL ALBILITIES
SUNDAY SEPTEMBER 11 8:00 AM	RUN FOR AMERICA 5K	RPM PROMOTION 813-874-7223	AL LOPEZ PARK TAMPA FL	
SATURDAY SEPTEMBER 17 8:00 AM	1ST ANNUAL RANCH RUN 5K	RICK ROEBUCK 813-323-3581	USF CAMPUS TAMPA FL	
SATURDAY SEPTEMBER 17 8:00 AM	5K DASH FOR FRIENDSHIP 5K	813-254-9025 813-362-2573	AL LOPEZ PARK TAMPA FL.	
SATURDAY SEPTEMBER 17 4:30 PM	BLUE MOON HALF-MARATHON 13.1 AND 5K	SUZANNE JARL 678-575-7865 ARC 727-736-8232	DUNEDIN FL.	
SATURDAY SEPTEMBER 24 TBA	CROON CRUSHER SPRINT ADVENTURE RACE	SHAWN DIETRICH 727-504-3110	BROOKSVILLE FL	
SATURDAY SEPTEMBER 24 8:00 AM	RUN TO THE ROCK 5K AND 1 MILE	GREG MC FERREN 727-934-4601	PALM HARBOR MEDTH. CHURCH PALM HARBOR FL.	
SATURDAY SEPTEMBER 24 8:00 AM	ZOO RUN RUN 5K	813-935-8634	LOWRY PARK ZOO TAMPA FL.	
SUNDAY SEPTEMBER 25 8:00 AM	THE BIG CHIEF FALL CLASSIC 5K #1	RUNNING CENTER 813-908-1960	AL LOPEZ PARK TAMPA FL	
SATURDAY OCTOBER 1 8:00 AM	KOMEN RACE FOR THE CURE 5K	CARLA NELSON 941-355-8514	DOWNTOWN ST. PETE FL.	
SATURDAY OCTOBER 1 8:30 AM	STRANGEMAN BEACH 5K RUN	SUZANNE HENSLEE 727-642-3929	PALM PAVILION CLEARWATER FL.	
SATURDAY OCTOBER 8 7:00 AM	11TH ANNUAL POLICE MEMORIAL 10K.5K & 1 MILE RUN	INFORMATION LINE 813-245-1582 www.tampaqov.net	LYKES GAS LIGHT PARK TAMPA FL.	
SATURDAY OCTOBER 8 8:00 AM	GULFPORT CHAMBER CHALLENGE 5K	MIKE CALAMARI 727-638-2389	GULFPORT FL.	
SATURDAY OCTOBER 15 8:00 AM	27th RATTLESNAKE RUN 5 MILE -1 MILE- AND 1 MILE TEAMS	BRYAN FRICK 352-588-4657 www.rattlesnakerun.com	SAN ANN RESTAURANT SAN ANTONIO FL. - ON HWY. 52	BEST LITTLE RACE IN FLA. -AND THE BEST SHIRTS TOO !
SATURDAY OCTOBER 15 7:00 PM	CROOM TRAIL RUN 50K TRAIL RUN 15 MILE FUN RUN	EVE DIETRICH 727-504-3110	WITHLACOOCHEE ST. FORREST BROOKSVILLE FL	
SATURDAY OCTOBER 22 7:30 AM	5TH ANNUAL 5K RACE FOR SIGHT	CHRISTY GORE 813-289-1300	YBOR CITY FL.	
SATURDAY OCTOBER 22 8:00 AM	RED RIBBON RUN 5K	INFOR LINE 727-545-7564	VINOY PARK ST. PETE FL.	
SUNDAY OCTOBER 23 8:00 AM	THE BIG CHIEF FALL CLASSIC 5K #2	RUNNING CENTER 813-908-1960	AL LOPEZ PARK TAMPA FL	
SATURDAY OCTOBER 29 8:00 AM	PUMPKIN RUN 5K	MAGGIE BEAUMONT 813-962-3220	TAMPA FL	
SATURDAY OCTOBER 29 8:00 AM	THE GREAT WESTCHASE CHASE '05 5K AND FUN RUN	CHRIS BARRETT 813-920-9809	WESTCHASE TAMPA FL.	
FRIDAY NOVEMBER 4 6:00 PM	RICHARD'S RUN FOR LIFE 5K	RPM PROMOTION 813-874-7223	CENNTENNIAL PARK. YBOR CITY FL.	

RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY NOVEMBER 5 8:00 AM	KESWICK CLASSIC 5K AND 2 MILE WALK	LANCE LIPHAM JODY KIGGINS 727-393-9100 X 616	ST. PETE FL.	
SATURDAY NOVEMBER 5 8:00 AM	SHAPES TOTAL FITNESS IRON GIRL WOMEN'S 5K AND 10K RUNS	JOANNA JORDAN 727-942-4767 X218	USF CAMPUS TAMPA FL.	
SATURDAY NOVEMBER 12 8:00 AM	HEALTHY HEART WOMEN'S CLASSIC 5K	GALE HARDY 813-987-2729	AL LOPEZ PARK TAMPA FL.	
SATURDAY NOVEMBER 12 8:00 AM	PACE 5K 5K / WALK & 1 MILE WALK	MSM HOTLINE 727-37-RACE (7223)	CENTRO TBOR TAMPA FL	
SUNDAY NOVEMBER 13 8:00 AM	THE BIG CHIEF FALL CLASSIC 5K #3	RUNNING CENTER 813-908-1960	AL LOPEZ PARK TAMPA FL	
SATURDAY NOVEMBER 19 7:00 AM	JINGLE BELL RUN FOR ARTHRITIS 5K	813-968-7000	FRED HOWARD PARK TARPON SPRINGS FL.	
SATURDAY NOVEMBER 19 8:00 AM	COUGAR CLASSIC 5K AND 1 MILE	RPM PROMOTIONS 813-874-7223	COUNTRYSIDE H.S. CLEARWATER FL.	
SATURDAY NOVEMBER 19 8:00 AM	MADD DASH FOR SADD 5K	LYNN GRAY 813-961-9347	AL LOPEZ PARK TAMPA FL	
SATURDAY NOVEMBER 19 8:00 AM	THE X-COUNTRY MARATHON 26.2,13.1 AND 5K	TAMPARACES.COM 6800-877-2351	ALAFIA RIVER STATE PARK LITHIA FL.	
THURSDAY NOVEMBER 24 7:30 AM	ST. PETERSBURG TIMES TURKEY TROT 10K,5K AND FUN RUN	SKIP ROGERS 727-442-5838	CLEARWATER H.S. CLEARWATER FL.	
SATURDAY NOVEMBER 26 8:00 AM	CHRISTINA 5K	BUCK WALSH 863-709-1212	CHRISTINA DEVELOPMENT LAKELAND FL.	
SATURDAY DECEMBER 3 8:00 AM	LAKEFRONT CLASSIC 5K	CHRIS CLYNES 727-772=9622	JOHN CHESTNUT PARK PALM HARBOR FL.	
SATURDAY DECEMBER 3 8:30 AM	RIDE AND RUN WITH THE STARS 5K RUN	BRENDA VINSON 727-582-6259	FORT DESOTO PARK ST. PETE FL	
SATURDAY DECEMBER 3 7:30 PM	SAFETY HARBOR RUN 5K	SUZANNE HENSLEE 727-642-3929	PHILIPPE PARK SAFETY HARBOR FL.	
SUNDAY DECEMBER 4 7:00 AM	BRANDON 1/2 MARATHON & 5K	INFORMATION LINE 813-684-0224 X212	LUMSDEN & PROVIDENCE RDS BRANDON FL.	
SUNDAY DECEMBER 11 7:30 AM	FLORIDA'S GULF BEACHES 1/2 MARATHON	727-347-4440	LARGO FL.	
WEDNESDAY DECEMBER 14 7:30 PM	BOLEY'S CENTER JINGLE RUN	727-821-4819	THE PIER ST. PETE FL.	
SATURDAY DECEMBER 17 TBA	SAY NO TO DRUGS 10K AND 5K	727-434-3409	COACHMAN PARK CLEARWATER FL.	
SATURDAY DECEMBER 17 8:00 AM	TAMPA BAY LIGHTNING REINDEER 5K RUN / 1 MILE / KIDS EVENTS	MSM HOTLINE 727-37-RACE (7223)	ST. PETE FORUM TAMPA FL	
SUNDAY JANUARY 1 TBA	NEW YEAR'S 10K AND 5K RUNS	RPM PROMOTION 813-874-7223	USF CAMPUS TAMPA FL.	
SATURDAY JANUARY 14 7:45 AM	ST. PETE BEACH CLASSIC 10K / 5K / KIDS EVENTS	MSM HOTLINE 727-37-RACE (7223)	COREY AVE. ST. PETE BEACH FL.	
SUNDAY JANUARY 22 7:00 AM	FLORIDA'S GULF BEACHES MARATHON AND RELAYS	727-347-4440	CLEARWATER FL.	
FRIDAY JANUARY 27 7:00 PM	ROTARY CLUB GROUND PARK 5K	BILL LITTLE 863-616-1234	LAKE HOLLINGSWORTH LAKELAND FL.	
SATURDAY FEBRUARY 4 TBA	BOLT RUN 5K AND 5 MILES	COURTNEY SIMONS 813-301-6855	DOWNTOWN TAMPA FL	
SATURDAY FEBRUARY 4 TBA	FLATLANDERS CHALLENGE 10K AND 2 MILE	CHUCK BOLT 352-488-6484	BROOKSVILLE FL	
SATURDAY FEBRUARY 11 7:30 AM	CHINSEGUT RUN AND FUN WALK	INFORMATION LINE 352-754-6722	BROOKSVILLE FL.	
SATURDAY FEBRUARY 11 8:00 AM	SUNCOAST CLASSIC 10K,5K AND 1 MILE	INFORMATION LINE 727-767-8221	DOWNTOWN ST. PETERSBURG FL.	

RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY FEBRUARY 18 8:00 AM	STRAWBERRY CLASSIC 10K AND 5K TENATIVE DATE	DON CLARK 813-985-4859	TEMPLE TERRACE FL.	
SATURDAY FEBRUARY 25 TBA	BANK OF AMERICA GASPARILLA DISTANCE CLASSIC 15K AND 5K	GDC OFFICE 813-874-7223	DOWNTOWN TAMPA FL.	
SUNDAY FEBRUARY 26 6:00 AM	BANK OF AMERICA MARATHON & 1/2 MARATHON	GDC OFFICE 813-874-7223	DOWNTOWN TAMPA FL.	
SUNDAY MARCH 19 7:30 AM	BAY TO BAY 12K / 5K / KIDS EVENTS	MSM HOTLINE 727-37-RACE (7223)	1ST AVE SOUTH & PARK ST. ST. PETERSBURG FL.	
FRIDAY MARCH 24 7:00 PM	HCPA RUN FOR SHELTER 5K	RPM PROMOTION 813-874-7223	DOWNTOWN TAMPA FL	
SATURDAY APRIL 8 TBA	MILES FOR MOFFIT 5 MILES	MSM HOTLINE 727-37-RACE (7223)	TAMPA FL	