

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
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.	
SATURDAY SEPTEMBER 19 8:00 AM	ROTARY CLUB OF TARPON SPRINGS 5K RUN	727-945-8069	FRED HOWARD PARK TARPON SPRINGS 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 7:30 AM	SUSAN G. KOMEN RACE FOR A CURE 5K	727-823-0728	VINOY PARK ST. PETE FL.	
SATURDAY OCTOBER 3 8:00 AM	FALL INTO FITNESS 5K AND 1 MILE	JENNIFER 727-599-1671	LAKE PARK NORTH TAMPA FL.	
SATURDAY OCTOBER 3 8:00 AM	GATOR RUN 5K AND 1 MILE	FRPM PROMOTION 813-874-7223	AL LOPEZ PARK TAMPA FL.	
SATURDAY OCTOBER 3 8:00 AM	GREAT DONUT DASH 5K	WILLIAM CHIRINOS 863-660-9858	LAKE HOLLINGSWORTH LAKELAND FL.	
SATURDAY OCTOBER 3 8:00 AM	THE LIPHAM KESWICK CLASSIC 5K AND 2K RUNS	JODY KIGGINS 727-393-9100 X606	TAYLOR PARK LARGO FL.	
SATURDAY OCTOBER 10 7:00 AM	JOHN HOLMES 50K TRAIL RUN 1ND 16 MILE FUN RUN	JIM BODOH 813-884-1862	WITHLACOCHEE STATE FORRE BROOKSVILLE FL.	
SATURDAY OCTOBER 10 8:00 AM	POLICE MEMORIAL RUN 5K	INFORMATION 813-276-3258	DOWNTOWN TAMPA 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.	
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 17 8:00 AM	SPARTAN CHALLENGE 5K	813-257-3582	UNIVERSITY OF TAMPA TAMPA FL.	
THURSDAY OCTOBER 29 7:00 PM	CREAKYBONES 5K	ARTHRITIS FOUNDATION 800-850-9455 www.runnerairl.com	THE PIER ST. PETE FL.	
SATURDAY OCTOBER 31 TBA	INAUGURAL HALLOWEEN HALFATHON 13.1 MILES	VOICEMAIL 727-347-4440	FORT DESOTO PARK ST. PETE FL.	
SATURDAY OCTOBER 31 8:00 AM	GREAT WESTCHASE 2009 5K	TRACY URSO 813-926-0596	WESTCHASE TAMPA FL.	
FRIDAY NOVEMBER 6 7:00 PM	RICHARD'S RUN FOR LIFE 5K	FRPM PROMOTION 813-874-7223	CENNENTIAL PARK YBOR CITY FL.	

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SATURDAY NOVEMBER 7 7:15 AM	THE SUNRISE RUN 5K AND 1 MILE	KAREN VANDER PLOEG 727-822-7475	NORTH STRAUB PARK ST. PETE FL.	
SATURDAY NOVEMBER 7 8:00 AM	8TH ANNUAL NORTHDALE PUMPKIN RUN 5K AND 1 MILE	KRISTEN BARTON 813-962-3220	BOB SIERRA YMCA NORTHDALE 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 8 8:00 AM	VETERAN'S MEMORIAL 10K,5K AND 1 MILE	BRAD FRANK 813-728-0504	USF CAMPUS TAMPA 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.	
THURSDAY NOVEMBER 26 TBA	TIMES TURKEY TROT 10K,5K AND 1 MILE	SKIP ROGERS 727-442-5838	CLEARWATER H.S. STADIUM CLEARWATER FL.	
THURSDAY NOVEMBER 26 7:30 AM	YMCA TAMPA GOOBLE RUN 10K AND 5K	813-229-1305	AL LOPEZ PARK TAMPA FL.	
SATURDAY NOVEMBER 28 7:00 PM	AUTUMN FEST 5K	FRED RZYMEK 727-420-4666 desian_sports@msn.com	SAFETY HARBOR MARINA SAFETY HARBOR FL.	
SUNDAY NOVEMBER 29 7:30 AM	JINGLE BELL RUN 5K AND 1 MILE DOG FRIENDLY	ARTHRITIS FOUNDATION 800-672-0882 www.runnerairl.com	INTERNATIONAL MALL TAMPA FL.	
SUNDAY DECEMBER 6 7:00 AM	BRANDON 1/2 MARATHON 13.1 AND 5K	INFORMATION 813-684-0224 X212	BRANDON FL.	
WEDNESDAY DECEMBER 9 7:30 PM	BOLEY'S JINGLE BELL RUN 3 MILE RUN	KAREN JUAREZ 727-821-4819 X5200	CLEARWATER FL.	
SATURDAY DECEMBER 12 8:00 AM	JINGLE BELL RUN 5K FISHHAWK RANCH	HIT THE TRAIL 813-681-6141	FISHHAWK LITHIA FL.	
SATURDAY DECEMBER 12 8:30 AM	JINGLE BELL RUN 5K RUN DOG FRIENDLY	ARTHRITIS FOUNDATION 800-672-0882	LAKE HOLLINGWORTH LAKELAND 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 16 8:30 AM	RUN WITH THE NUNS 5K AND 1 MILE	JIM BURGASSER 727-322-2293	WAR VETERANS MEMORIAL ST. PETE 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.	
SUNDAY JANUARY 31 TBA	FLORIDA CHALLENGE 1/2 MARATHON AND 5K	TAMPARACES.COM 813-232-5200	ALAFIA RIVER STATE PARK LITHIA FL.	
SATURDAY FEBRUARY 6 8:00 AM	13TH ANNUAL FISHHAWK ROAD RACE 5K/10K & KID'S FUN RUN	HIT THE TRAIL 813-681-6141	FISHHAWK LITHIA FL.	
SATURDAY FEBRUARY 27 7:30 AM	GASPARILLA DISTANCE CLASSIC 15 K AND 5K	INFORMATION LINE 813-254-7866	DOWNTOWN TAMPA FL.	
SUNDAY FEBRUARY 28 6:00 AM	GASPARILLA MARATHON 26.2 AND 13.1 MILES	INFORMATION LINE 813-254-7866	DOWNTOWN TAMPA FL.	
SUNDAY MARCH 14 TBA	TROUT CREEK TRAIL RUNS	TAMPARACES.COM 813-232-5200	TAMPA FL.	
SATURDAY MARCH 20 TBA	2009 FIGHT FOR AIR CLIMB	1800-LUNG-USA	TAMPA FL.	
SATURDAY MARCH 20 8:00 AM	STRAWBERRY CLASSIC 5K AND 10K	LARRY OLSEN 813-238-4226 813-695-3877	TEMPLE TERRACE ELEM. TEMPLE TERRACE FL.	
SUNDAY MARCH 21 TBA	INAUGURAL FLORIDA'S BEACH HALFATHON 13.1 M	VOICEMAIL 727-347-4440	FORT DESOTO PARK ST. PETE FL.	

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SATURDAY APRIL 3 TBA	CROOM TRAIL RUNS 50M/50K/15M	TAMPARACES.COM 813-232-5200	CROOM TRAIL BROOKSVILLE FL.	