

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 LITHIA 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 RUNNERS CLUB TEMPO RUN / HILL WORK	STEVE DUNN 813-681-6141	FISHHAWK RANCH LITHIA FL	
TUESDAY NITE WEEKLY 6:30 PM	PROGRESSIVE TRAINING TEAM TRACK WORK OUTS www.runprogressive.com	DROR VAKNIN 813-846-5021	UNIVERSITY OF TAMPA TRACK TAMPA FL	coachdror@aol.com
MONDAY WEEKLY 6:30 PM	TAKE THE FIRST STEP SPEED WALK & BEGINNER JOGGER WORKOUTS	LYNN GRAY 813-961-9347	HILL MIDDLE SCHOOL TRACK NORTH TAMPA FL	ALL ALBILITIES LEVELS OF RUUNER WELCOME
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
SATURDAY JANUARY 12 8:30 AM	RUN THRU THE PARK 5K	BONNIE 727-831-2974	JOHN CHESTNUT SR PARK PALM HARBOR FL.	
SATURDAY JANUARY 19 7:15 AM	ST. PETE BEACH CLASSIC 10K AND 5K RUNS 5K FITNESS WALK www.stpetebeachclassic.com	INFORMATION 727-367-RACE	ST. PETE BEACH FL.	
SATURDAY JANUARY 19 8:00 AM	BE A SPARTAN CONQUER FIELD OF DREAMS 5K	DROR VAKNIN 813-846-5021	DOVER HORSE TRAILS BRANDON FL.	
SUNDAY JANUARY 20 7:30 AM	CLEARWATER HALFATHON AND 5 MILER www.clearwaterhalf.info	727-347-4440	COACHMAN PARK CLEARWATER FL.	
SATURDAY JANUARY 26 8:00 AM	FISHHAWK RANCH ROAD RACE 5K & 10K	HIT THE TRAILS 813-681-6141	FISHHAWK WELCOME CENTER LITHIA FL.	
SATURDAY JANUARY 26 8:00 AM	RUN WITH PRIDE 5K AND 1 MILE	813-588-5400	PRIDE ELEM. SCHOOL NORTH TAMPA FL.	
SATURDAY JANUARY 26 8:30 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 TRAIL RUNS www.tamparaces.com	813-232-5200	ALAFIA RIVER STATE PARK LITHIA FL.	
FRIDAY FEBRUARY 1 7:00 PM	ROTARY TWILIGHT 5K RUN	BILL LITTLE 863-616-1234	LAKE HOLLINGSWORTH LAKELAND FL.	
SATURDAY FEBRUARY 2 8:00 AM	FLATLANDERS CHALLENGE 10K AND 2K	352-585-6244	BROOKSVILLE FL	
SATURDAY FEBRUARY 2 9:45 AM	RUN FOR HOPE 5K RUN & WALKATHON	813-892-1000	OLD FORT KING JOGGING TRAIL THONOTOSASSA FL.	
SATURDAY FEBRUARY 9 8:00 AM	GASPARILLA DISTANCE CLASSIC 15K AND 5K www.tampabayrun.com	INFORMATION 813-254-7866	CONVENTION CENTER TAMPA FL	
SUNDAY FEBRUARY 10 TBA	GASPARILLA DISTANCE CLASSIC HALF AND MARATHON www.tampabayrun.com	INFORMATION 813-254-7866	CONVENTION CENTER TAMPA FL	
SATURDAY FEBRUARY 16 7:30 AM	RUN YOUR HEART OUT 5K AND 1 MILE	KELLIE TAYLOR 727-796-1333	COUNTRYSIDE CLEARWATER FL.	
SATURDAY FEBRUARY 16 8:00 AM	WHARTON WILDCATS 5K RUN & 1 MI FUN RUN	KAREN CHILDS 813-928-1882	LIVE OAK PRESERVE ACROSS FROM WHARTON HS NORTH TAMPA FL.	
SATURDAY FEBRUARY 16 8:30 AM	CHINSEGUT RUN AND FUN RUN 5K AND 1 MILE	CHRISTIN WOOD 352-754-6722	CHINSEGUT BROOKSVILLE FL	

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SATURDAY FEBRUARY 23 7:00 AM	BOLT RUN 5MI & 5K RUNS www.tampabaylightning.com	COURTNEY SIMONS 813-301-6855	ST. PETE TIMES FORUM TAMPA FL	
SATURDAY FEBRUARY 23 7:30 AM	AMERICAN LUNG ASSOC CLIMB TAMPA www.stairclimbtampabay.com	727-347-6133	DOWNTOWN TAMPA FL.	
SATURDAY FEBRUARY 23 7:30 AM	ZOO ZOOM 5K RUN	KATIE MENTH 813-935-8552 X235	LOWRY PARK ZOO TAMPA FL	
SATURDAY FEBRUARY 23 8:00 AM	SUNCOAST CLASSIC 5K AND 10K www.runforkids.com	INFORMATION 727-347-4440	BAYWALK ST. PETE FL.	
SATURDAY MARCH 1 TBA	RUN FOR YOUR LIFE 5K	FEDERICA LEMAUK 813-689-0371	VALRICO FL.	
SATURDAY MARCH 1 8:00 AM	GOOD LIFE GAMES 5K www.goodlifegames.org	727-230-3776	FORT DESOTO PARK ST/ PETE FL.	
SATURDAY MARCH 1 8:00 AM	RUN FOR REC. 5K	ERIC WAHLBECK 727-588-3769 X210	BELLEAIR FL.	
SUNDAY MARCH 2 8:00 AM	POW WOW RUN 5K AND KIDS RUN	JIM SHEETS 727-391-8345	SEMINOLE 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 RUN XXV 10K AND 5K 1 MI WELLNESS RUN/WALK www.armadillorun.org	COLLEEN MORRISSETTE 813-855-5824	DOWNTOWN 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 8:30 AM	TROUT CREEK TRAIL RUNS 15K AND 5K www.tamparaces.com	INFORMATION 727-347-4440	TROUT CREEK PARK 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	ULMER PARK LARGO FL.	
SUNDAY MARCH 16 7:45 AM	BAY TO BAY CLASSIC 12K AND 5K www.runbaytobay.com	INFORMATION 727-367-RACE	ST. PETE FROM BOCA CIEGA BAY TO TAMPA BAY	
SUNDAY MARCH 16 8:00 AM	BRANDON SHAMROCK CLASSIC 10K AND 5K	INFORMATION 727-347-4440	SABAL PARK TAMPA FL	
SATURDAY MARCH 22 TBA	CROOMTRAIL FOOLS RUN 50 MILE, 50K, 15 MILES www.tamparaces.com	813-232-5200	BROOKSVILLE 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 8:00 AM	MAX BAYNE 10 MILE & 5K	MICHAEL WEISS 727-644-7702 lwewfla@aol.com	FORT DESOTO PARK ST. PETE FL.	RRCA FLORIDA STAT 10 MILE CHAMPIONS
SATURDAY APRIL 5 8:00 AM	RYKA IRON GIRL 10K AND 5K	INFORMATION LINE 727-942-4767 X231	COACHMAN PARK CLEARWATER FL.	
SATURDAY APRIL 5 8:15 AM	RALLY TO REMEMBER 13.1, 10K AND 5K	OHN GRECO 727-848-888 888-496-8004	JAY B. STARKEY PARK NEW PORT RICHEY FL.	
SUNDAY APRIL 6 8:00 AM	FLATWOODS FOUR 4 MILER www.tamparaces.com	INFORMATION 727-347-4440	FLATWOODS PARK THONOTOSASSA 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	RACE FOR SIGHT 5K	813-289-1200 X256	CENTENNIAL PARK TAMPA FL	

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SATURDAY APRIL 12 7:30 AM	TEMPLE TERRACE ROAD RACE 10K AND 5K	SCOTT ANDREWS 813-989-7180	RECREATION CENTER TEMPLE TERRACE FL	
SATURDAY APRIL 12 8:00 AM	BEACH TO BAYOU 5K	DEAN COSGROVE 727-409-3435 727-943-3651	TARPON SPRINGS FL.	
SATURDAY APRIL 12 8:00 AM	FESTIVAL OF STATES 5K & 1 MILE	MARY LITTLEJOHN 727-567-1018	DOWNTOWN ST. PETE FL.	
SUNDAY APRIL 13 7:30 AM	MOVIN FOR MEALS 10K AND 5K	FITPLANET 941-361-1185	LAKEWOOD RANCH SARASOTA FL.	
SATURDAY APRIL 19 7:30 AM	FRENCHY'S GUMBO RUN 5K AND BEACH RUN www.frenchyonline.com	ROB POWERS 727-798-0611	CLEARWATER BEACH FL.	
SATURDAY APRIL 19 8:00 AM	PLANT PANTHER 5K	MIKE BOZA 9813-244-8908	AL LOPEZ PARK TAMPA FL	
SATURDAY APRIL 26 8:00 AM	DRAFT DAY DASH 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	OLD HYDE PARK TAMPA FL.	
SUNDAY MAY 4 8:30 AM	DARE TO GO BARE 5K AND 1.5K WALK	ARLENE 813-909-8641	LAKE COMO RESORT LUTZ FL.	
SATURDAY MAY 10 7:30 AM	MILES FOR MOFFITT 5K AND 1 MILE www.milesformoffitt.com	813-745-1346	USF CAMPUS TAMPA FL.	
FRIDAY MAY 16 7:00 PM	PACE FOR PREVENTION 5K	FRPM PROMOTION 813-874-7223	LOWRY PARK ZOO TAMPA FL.	