

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"
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
FRIDAY MAY 8 7:00 PM	PICNIC ISLAND RACE #1	TAMPA.COM 813-232-5200	PICNIC ISLAND TAMPA FL	
FRIDAY MAY 8 8:00 PM	ULTRA MILES FOR MOFFITT 12 HOUR ENDURANCE RUN	PETE PFANNERSTILL 813-482-7200	USF TRACK TAMPA FL	
SATURDAY MAY 9 7:30 AM	FLORIDA BANK MILES FOR MOFFITT AT USF 5 MILE AND 5K	813-745-1346	USF CAMPUS TAMPA FL	
SATURDAY MAY 9 7:00 PM	MAYFAIRE CLASSIC 5K AND 1 MILE WALK	FITNICHE 863-4619-5390	LAKE MIRROR DOWNTOWN LAKELAND FL.	
SUNDAY MAY 10 8:00 AM	AMERICAN RUNNING CENTER MOTHER'S DAY 5K	ARC - CHRIS CARBO 813-495-1251	JOHN CHESTNUT PARK PALM HARBOR FL.	
SATURDAY MAY 16 8:00 AM	HOG HUSTLE 5K	CHRIS HOVAN 727-433-1583	DUNEDIN FL.	
SATURDAY MAY 16 8:00 AM	US SECRET SERVICE 5K RUN	ERIC RIESENFELD 813-228-2636	ST. PETE TIMES FORUM DOWNTOWN TAMPA FL.	
SUNDAY MAY 17 8:00 AM	PLANT PANTHER 5K RUN 5K	MIKE BOZA 813-244-8908	AL LOPEZ PARK TAMPA FL.	
SATURDAY MAY 30 8:30 AM	PURPLESTRIDE TAMPA BAY 5K	TRACY CONNOLLY 727-744-4026	WAR VETERAN'S PARK ST. PETE FL.	
FRIDAY JUNE 5 7:00 PM	SUNSET AT THE PIER BEACH SERIES #1	MICHAEL WEISS 727-644-7702	PIER 60 CLEARWATER BEACH FL.	
SATURDAY JUNE 6 7:00 AM	WATERMELON SERIES #1 5K	863-512-3008	LAKE HOLLINGSWORTH LAKELAND FL.	
SATURDAY JUNE 6 8:00 AM	SPRING INTO SUMMER 5K	CHRISTINA MITCHELSON 813-263-5944	AL LOPEZ PARK TAMPA FL	
FRIDAY JUNE 12 7:00 PM	OLDSMAR TAPHOUSE 5K	FRPM PROMOTION 813-874-7223	OLDSMAR FL.	
FRIDAY JUNE 12 7:00 PM	PICNIC ISLAND RACE #2	TAMPA.COM 813-232-5200	PICNIC ISLAND TAMPA FL	
SATURDAY JUNE 13 8:00 AM	RAP RIVER RUN 5K KIDS FUN RUN	PAT PATERSON 727-934-5320	SIMS PARK NEW PORT RICHEY FL.	
WEDNESDAY JUNE 17 6:30 PM	TAKE THE FIRST STEP RACE SERIES #1	TAKE THE FIRST STEP 813-481-9310	AL LOPEZ PARK 813-481-9310	
FRIDAY JUNE 19 7:00 PM	HIT THE TRAILS SUMMER SERIES #1	HIT THE TRAIL 813-681-6141	FISHHAWK RANCH LITHIA FL.	
FRIDAY JUNE 19 7:00 PM	SUNSET AT THE PIER BEACH SERIES #2	MICHAEL WEISS 727-644-7702	PIER 60 CLEARWATER BEACH FL.	
SUNDAY JUNE 21 8:00 AM	I LOVE FATHER'S DAY 5K	ARC - CHRIS CARBO 813-495-1251	JOHN CHESTNUT PARK PALM HARBOR FL.	
SUNDAY JUNE 21 8:00 AM	RUN THRU HELL 2009 5K	FRPM PROMOTION 813-874-7223	AL LOPEZ PARK TAMPA FL	

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FRIDAY JUNE 26 7:00 PM	ST. PETE BEACH SUMMER SERIES #1	BEN FUDGE 727-390-9213	SIRATA BEACH RESORT ST. PETE BEACH FL.	
SATURDAY JUNE 27 7:00 AM	WATERMELON SERIES #2 5K	863-512-3008	LAKE HOLLINGSWORTH LAKELAND FL.	
SATURDAY JULY 4 8:00 AM	LUTZ INDEPENDENCE DAY RUN 5K AND FUN RUN	813-949-6659	LUTZ FL.	
WEDNESDAY JULY 8 6:30 PM	TAKE THE FIRST STEP RACE SERIES #2	TAKE THE FIRST STEP 813-481-9310	AL LOPEZ PARK TAMPA FL	
FRIDAY JULY 10 7:00 PM	PICNIC ISLAND RACE #3	TAMPA.COM 813-232-5200	PICNIC ISLAND TAMPA FL	
FRIDAY JULY 17 7:00 PM	HIT THE TRAILS SUMMER SERIES #2	HIT THE TRAIL 813-681-6141	FISHHAWK RANCH LITHIA FL.	
SUNDAY JULY 19 8:00 AM	RUN TO THE HORIZON 5K	FRPM PROMOTION 813-874-7223	AL LOPEZ PARK TAMPA FL	
WEDNESDAY JULY 22 6:30 PM	TAKE THE FIRST STEP RACE SERIES #3	TAKE THE FIRST STEP 813-481-9310	AL LOPEZ PARK TAMPA FL	
FRIDAY JULY 24 7:00 PM	SUNSET AT THE PIER BEACH SERIES #3	MICHAEL WEISS 727-644-7702	PIER 60 CLEARWATER BEACH FL.	
FRIDAY JULY 31 7:00 PM	ST. PETE BEACH SUMMER SERIES #2	BEN FUDGE 727-390-9213	SIRATA BEACH RESORT ST. PETE BEACH FL.	
WEDNESDAY AUGUST 5 6:30 PM	TAKE THE FIRST STEP RACE SERIES #4	TAKE THE FIRST STEP 813-481-9310	AL LOPEZ PARK TAMPA FL	
FRIDAY AUGUST 7 7:00 PM	SUNSET AT THE PIER BEACH SERIES #4	MICHAEL WEISS 727-644-7702	PIER 60 CLEARWATER BEACH FL.	
FRIDAY AUGUST 14 7:00 PM	HIT THE TRAILS SUMMER SERIES #3	HIT THE TRAIL 813-681-6141	FISHHAWK RANCH LITHIA FL.	
FRIDAY AUGUST 28 7:00 PM	ST. PETE BEACH SUMMER SERIES #3	BEN FUDGE 727-390-9213	SIRATA BEACH RESORT ST. PETE BEACH FL.	
SUNDAY NOVEMBER 22 TBA	WOMEN'S HALF MARATHON	INFORMATION 727-502-9202 X300	DOWNTOWN ST. PETE FL.	