

## 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	JIM SHERIDAN 727-535-9658	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
WEDNESDAY WEEKLY 6:45 PM	XTREME RUNNERS GROUP	MARY ELLEN MOORE 813-787-2765	BAYSHORE BLVD TAMPA FL	
SATURDAY SEPTEMBER 4 8:00 AM	IRON GIRL 5K 5K RUN AND WALK	RPM PROMOTION 813-874-7223	JOHN CHESTNUT PARK PALM HARBOR, FL.	
SUNDAY SEPTEMBER 5 6:30 PM	MOSI LABOR DAY QUICK 5K AND FUN RUN	RPM PROMOTION 813-874-7223	MOSI MUSEUM NORTH TAMPA FL	
SATURDAY SEPTEMBER 11 8:00 AM	RUN FOR THE GOLD 5K	RPM PROMOTION 813-874-7223	AL LOPEZ PARK TAMPA FL	
SATURDAY SEPTEMBER 25 8:00 AM	RUN TO THE ROCK 5K 5K AND 1 MILE FUN RUN	GREG MC FERREN 727-934-4601 www.phumc.net	PALM HARBOR UNITED METHODIST PALM HARBOR FL.	
SATURDAY SEPTEMBER 25 8:00 AM	ZOO RUN RUN 5K AND 3K WALK	813-935-8552 X 239	LOWRY PARK ZOO TAMPA FL	
SATURDAY OCTOBER 2 7:30 AM	5K RACE FOR SIGHT 5K AND 1 MILE	CHRISTY GORE 813-289-1200	YBOR CITY FL.	
SATURDAY OCTOBER 2 8:00 AM	RACE FOR THE CURE 5K	RACE INFORMATION 727-734-7832	STRAUB PARK ST. PETE FL.	5K RUN, 5K WALK 1 MILE & KIDES RUN
SATURDAY OCTOBER 2 8:30 AM	STRANGEMAN'S 5K RUN	STEVE STRANGE 727-442-9815	CLEARWATER BEACH FL.	
SATURDAY OCTOBER 9 7:00 AM	POLICE MEMORIAL RUN 10K AND 5K	CPL. LARRY TIMMER 813-245-1582	DOWNTOWN TAMPA FL.	
SATURDAY OCTOBER 16 7:00 AM	CROOM TRAIL RUNS 50K AND 15 MILES	JIM BODOH 813-884-1862	WHITLACOCHEE STATE FORES BROOKSVILLE FL.	
SATURDAY OCTOBER 16 8:00 AM	26th RATTLESNAKE RUN 5 MILE - 1 MILE AND 1 MILE TEAMS	GERRI HALL 352-588-3398 www.rattlesnakerun.com	SAN ANN RESTAURANT SAN ANTONIO, FL. ON HWY. 52	BEST LI'L RACE IN FL. - NEW HILLS NEW START / FINISH
SATURDAY OCTOBER 16 8:00 AM	GULFPORT CHAMBER CHALLENGE 8K AND 1 MILE	MIKE CALAMARI 727-638-2389	GULFPORT FL.	
SATURDAY OCTOBER 23 8:00 AM	COUGAR CLASSIC 5K	RPM PROMOTION 813-874-7223	COUNTRYSIDE H.S. LARGO FL.	
SATURDAY OCTOBER 23 8:00 AM	ST. TIMOTHY'S FALL CLASSIC 5K	BRIAN LAMBERT 813-960-5443	ST. TIMOTHY'S CHURCH TAMPA FL	
SATURDAY OCTOBER 23 8:00 AM	YMCA CLASSIC 5K AND 1MILE	813-684-1371	FISHHAWK RANCH VALRICO FL.	
SUNDAY OCTOBER 24 8:00 AM	RED RIBBON ROAD TO RECOVERY 5K	727-545-7564	VINOY PARK ST. PETE FL.	
SATURDAY OCTOBER 30 8:00 AM	3RD ANNUAL PUMPKIN RUN 5K AND 1 MILE	INFO LINE 813-681-4279 X 212	BOB SIERRA YMCA NORTH TAMPA FL.	
SATURDAY OCTOBER 30 8:00 AM	MADD DASH FOR SADD LAP 3 5K	INFORMATION LINE 813-961-9347 813-930-2566	AL LOPEZ PARK TAMPA FL	
SATURDAY OCTOBER 30 8:00 AM	THE GREAT WEST CHASE 5K AND CHILDREN'S 1K FUN RUN	CHRIS BARRETT 813-920-9809	WESTCHASE TAMPA FL.	

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SATURDAY OCTOBER 30 6:00 PM	HOLLOWEEN RUN 10K AND 5K	DROR VAKNIN 813-846-5021	SANSONE PARK PLANT CITY FL.	
SATURDAY NOVEMBER 6 8:15 AM	LAKE TO LAKE 10K AND 1 MILE	WILL STROUSE 863-644-5323	LAKE MIRROR CENTER LAKELAND FL.	
SATURDAY NOVEMBER 6 6:00 PM	RICHARD'S RUN FOR LIFE 5K 5K	RPM PROMOTION 813-874-7223	YBOR CITY FL.	
SATURDAY NOVEMBER 20 TBA	PACE 5K	MOTION SPORTS MANAGEMEN 727-363-8881	HYDE PARK,TAMPA,FL	
SATURDAY NOVEMBER 20 7:30 AM	X-COUNTRY MARATHON 26.2,13.1 AND 5K	RICKI HOWE 813-404-9002	ALAFIA RIVER STATE PARK	
THURSDAY NOVEMBER 25 TBA	TIMES TURKEY TROT 10K AND 5K	SKIP ROGERS 727-442-5838	CLEARWATER H.S. CLEARWATER FL.	
SATURDAY NOVEMBER 27 8:00 AM	CHRISTINA CLASSIC 5K	BUCK WALSH 863-709-1212	LAKELAND FL.	
SATURDAY DECEMBER 4 TBA	HIDDEN RIVER CLASSIC 10K AND 5K	INFO LINE 813-974-4097	HIDDEN RIVER COMPLEX TAMPA FL	
SATURDAY DECEMBER 4 8:00 AM	LAKEFRONT CLASSIC 5K AND 1 MILE	CHRIS CLYMES 727-772-9622	JOHN CHESNUT PARK PALM HARBOR FL.	
SATURDAY DECEMBER 4 9:00 AM	RUN WITH THE STARS 5K	TERRI DIOQUINO 727-582-5602	FORT DESOTO PARK ST. PETE FL.	
SUNDAY DECEMBER 12 TBA	BRANDON 1/2 MARATHON 13.1 AND 5K	INFO LINE 813-681-4279 X 212	BRANDON FL.	
SUNDAY DECEMBER 12 7:00 AM	CLEARWATER BEACHES 1/2 MARATHON	CHRIS LAUBER 727-347-4440	MADERIA BEACH FL.	
WEDNESDAY DECEMBER 15 7:30 PM	BOLEY'S GINGLE BELL RUN 3 MILES	GARY MC MATH	THE PIEE ST. PETE FL.	
SATURDAY DECEMBER 18 8:00 AM	SAY NO TO DRUGS HOLIDAY CLASSIC 10K AND 5K	CHRIS ALEXANDER 727-434-3409 www.saynotodrugs.com	CLEARWATER FL.	
SATURDAY JANUARY 1 9:00 AM	NEW YEAR'S RUN BLIZZARD BLAST	RPM PROMOTION 813-874-7223	TAMPA FL	
SUNDAY JANUARY 2 8:00 AM	MAX BAYNE 1/2 MARATHON 13.1 AND 5K	SKIP ROGERS 727-442-5838	FORT DESOTO PARK ST. PETE FL.	
SATURDAY JANUARY 15 8:00 AM	RUN WITH THE NUNS 5K	727-344-6044	WAR MEMORIAL PARK ST. PETE FL.	
SUNDAY JANUARY 16 TBA	ST. PETE CLASSIC 10K,5K AND FUN RUN	MOTION SPORTS MANAGEMEN 727-363-8881	ST. PETE BEACH FL.	
SATURDAY JANUARY 22 8:00 AM	FISHHAWK ROAD RACE 10K AND 5K	DROR VAKNIN 813-846-5021	FISHHAWK WELCOME CENTER BRANDON FL.	
SUNDAY JANUARY 23 TBA	CLEARWATER BEACHES MARATHON & RELAYS	CHRIS LAUBER 727-347-4440	CLEARWATER FL.	
SATURDAY JANUARY 29 8:30 AM	FLATLANDERS CHALLENGE 10K AND 5K	CHUCK BOLT 352-688-6484	DOWNTOWN BROOKSVILLE FL.	
SUNDAY JANUARY 30 TBA	HELMETS AND HARDHATS 10K,5K AND FUN RUNS	RPM PROMOTION 813-874-7223	AL LOPEZ PARK TAMPA FL	NEW LOCATION MUSIC,FOOD AND SPECIAL PRIZES
SATURDAY FEBRUARY 5 TBA	BANK OF AMERICA GASPARILLA DISTANCE CLASSIC 15K AND 5K	GDC OFFICE 813-229-RUNN	DOWNTOWN TAMPA FL	
SUNDAY FEBRUARY 6 6:00 AM	BANK OF AMERICA MARATHON & 1/2 MARATHON	GDC 813-229-RUNN	DOWNTOWN TAMPA FL	
SATURDAY FEBRUARY 12 8:00 AM	CHINEGUT 5K 5K AND 1 MILE FUN WALK	KRISTIN WOOD 352-754-6722	CHINSEGUT NATURE CENTER BROOKSVILLE FL.	
SATURDAY FEBRUARY 12 8:00 AM	TOADSUCKER 2004 5K	RPM PROMOTION 813-874-7223	AL LOPEZ PARK TAMPA FL	
SATURDAY FEBRUARY 19 TBA	STRAWBERRY CLASSIC 10K AND 5K	DON CLARK 813-985-4859	TEMPLE TERRACE FL.	

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FRIDAY FEBRUARY 25 7:00 PM	HCPA RUN FOR SHELTER 5K	RPM PROMOTION 813-874-7223	CENTRO YBOR YBOR CITY FL.	
SATURDAY FEBRUARY 26 8:00 AM	RUN FOR KIDS SUNCOAST CLASSIC 10K,5K AND FUN RUNS	JO FOOSE 727-892-8221	BAYWALK ST. PETE FL.	
SATURDAY MARCH 5 TBA	CHASCO MILE	INFO LINE 727-848-8888	NEW PORT RICHEY FL.	
SUNDAY MARCH 6 8:00 AM	BAY TO BAY ROAD RACE 7.5 MILES AND 5K	MOTION SPORTS MANAGEMEN 727-363-8881	1ST AVE SOUTH ST. PETE FL.	
SATURDAY MARCH 12 8:00 AM	BRANDON ST. PATRICK DAY 10K AND 5K	INFO LINE 813-681-4279 X 212	BRANDON FL.	
SATURDAY MARCH 12 8:00 AM	CHASCO RALLY TO REMEMBER 8K AND 5K	INFO LINE 727-848-8888	NEW PORT RICHEY FL.	
SATURDAY MARCH 12 8:00 AM	LUCKY LEPRECHAUN 5K	MIKE ROACH 813-227-2368	NORTH TAMPA FL	
SATURDAY MARCH 12 8:00 AM	UNICORN GALLOP 5K	SKIP ROGERS 727-442-5838	LARGO FL.	
SATURDAY MARCH 19 8:00 AM	ARMADILLO CLASSIC XXIII 10K AND 5K	COLLEEN MORRISSETTE 813-855-5824	OLDSMAR FL.	
SATURDAY MARCH 19 8:00 AM	SAINT ANTHONY'S CARILLION 5K/5K WALK AND KIDS RUNS	KIM CONNELLY 727-825-1271	CARILLION OFFICE PARKST. PET	
SATURDAY MARCH 26 8:00 AM	HARE RACING EXPERIENCE 10K AND 5K	TOM ORTH 813-870-3414	COUTNEY CAMPBELL CAUSEWA TAMPA FL	
FRIDAY APRIL 1 6:30 PM	BULL STAMPEDE 5K	THE RUNNING CENTER 813-908-1960	USF CAMPUS NORTH TAMPA FL.	
SATURDAY APRIL 2 8:00 AM	GUPPY'S GULFSIDE GALLOP 5K AND 1 MILE	ROGER JACOBS 727-595-5610	INDIAN ROCKS BEACH FL.	
SUNDAY APRIL 3 8:00 AM	FRIENDSHIP RACES 8K AND 5K	RPM PROMOTION 813-874-7223 FRANK MILLER 825-5252	FRIENDSHIPTRAIL BRIDGE OVER TAMPA BAY	
FRIDAY APRIL 8 6:30 PM	FESTIVAL OF STATES 5K	SANDI LEE 727-898-3654	DOWNTOWN ST. PETE FL.	
SUNDAY APRIL 10 8:30 AM	FLATWOODS 4 MILER	RICKI HOWE 813-404-9002	FLATWOODS NORTH TAMPA FL.	
SATURDAY APRIL 23 9:00 AM	DRAFT DAY 5K	RPM PROMOTION 813-874-7223	RAYMOND JAMES STADIUM TAMPA FL	
FRIDAY APRIL 29 7:00 PM	SPARTAN SPRINT 5K AND 1 MILE	DROR VAKNIN 813-846-5021	PEPIN ROOD STADIUM TAMPA FL	
SATURDAY MAY 7 TBA	MAY DAY 5K 5K AND 1 MILE	RPM PROMOTION 813-874-7223	HYDE PARK TAMPA FL.	