

## 2006 Long Distance Running Championships

<b>Date</b>	<b>Event</b>	<b>Championship</b>
March 5	Newark Distance Classic 20k	All Divisions
April 9	Cherry Blossom Run 10k	Open Women
April 30	Run for Rachel 5k	Open Women
May 7	Our House 5 mile	Masters Men/Women
June 11	Portugal Day Race 5k	Masters Women
June 19	President's Cup 5k	Open Men
September 17	Joel P. Spector 10k	Open Men
September 24	USATF-NJ XC 8k	All Divisions
October 8	Liberty Waterfront 1/2M	All Divisions
October 14	Heroes to Hero 5k	Masters Men
October 29	USATF-NJ XC 5k	All Divisions
November 12	Giralda Farms 10k	Masters Men/Women
November 23	Ashenfelter 8k	Open Men/Women
December 10	USATF 10 Mile	All Divisions

**Check calendar for details & updates: [www.usatfnj.org](http://www.usatfnj.org); Road Race Calendar**