

2012 Long Distance Running Championships

Date	Event	Championship
March 11	Miles for Music 20k	All Divisions
April 1	Indian Trails 15k	Open Men/Women
April 15	Cherry Blossom 10k	Masters Women
April 22	Stomp the Monster 5k	Open Men
April 28	Clinton Country Run 15k	Masters Men/Women
May 6	Our House 5 Mile	Open Men/Women
May 12	Newport 10,000	Open Men/Women
May 20	Run for Rachel 5k	Open Women
June 24	Lager Run 5k	Masters Men
September 2	Jimmy D 5k	Masters Women
September 8	USATF-NJ XC 5k	All Divisions
September 23	Liberty Waterfront 1/2M	All Divisions
October 28	USATF-NJ XC 8k	All Divisions
November 11	Giralda Farms 10k	Masters Men
November 22	Ashenfelter 8k	Masters Men/Women
December 9	Grand Finale 10 Mile	All Divisions

Check calendar for details & updates: www.usatfnj.org; Road Race Calendar