Sun. March 6..........Caumsett 50K and 25K Runs ssfitz5@aol.com

Sat. March 12..........Lazer, Aptheker, Rosella & Yedid Kings Park

15 K Run mike.glirc@gmail.com

Sat. April 2..............Aspire 10K mindyruns@aol.com

Sat. May 7................Greenbelt Trail 50K and 25K Runs loulaf0516@aol.com

Thurs. May 26.........Run Nassau #1 ssfitz5@aol.com

Sun. June 5.............Belmont Stakes 5K mindyruns@aol.com

Thurs. June 9..........David Lerner Associates LI Police

Appreciation Run mindyruns@aol.com

Sun. June 12...........ELIJA Foundation 5 Mile Run

Thurs. June 16........Run Nassau # 2 ssfitz5@aol.com

Thurs. June 23........Run Nassau #3 ssfitz5@aol.com

Sat. July 9................Runner’s Edge Long Island Womens 5K mike.glirc@gmail.com

Thurs. July 14.........Run Nassau #4 ssfitz5@aol.com

Sun. July 17............Heart & Sole 5K runningric@hotmail.com

Tues. July 26...........Marcum Workplace Challenge fastfeetsue@aol.com

Sun. July 30............Runner’s Edge Trail Relay

Sun. Aug. 7.............Lynn, Gartner, Dunne & Covello Sands Point

Sprint mike.glirc@gmail.com

Sat. Aug. 27.............Runner’s Edge-TOBAY Junior Triathlon mindyruns@aol.com

Sun. Aug. 28...........Runner’s Edge-TOBAY Triathlon mindyruns@aol.com

Sun. Sep. 18............UJA-Federation Summer’s Not Done Aqua

Run mindyruns@aol.com

Sun. Sep. 25............Ocean to Sound Relay mindyruns@aol.com

Sat. Oct. 15.............Oyster Bay Town Supervisor’s Run mindyruns@aol.com

Sun. Oct. 16............6 Hour 60th Birthday Run sbellovin@aol.com

Sun. Oct. 30............Suffolk Marathon and Half Marathon sue.glirc@gmail.com

Sun. Nov. 13............Blue Ribbon Prostate Cancer 10K and 5K mindyruns@aol.com

Sun. Nov. 27............Rob’s Run mindyruns@aol.com

Sat. Dec. 17.............Ho Ho Ho 5K Run mindyruns@aol.com