Sun. March 6..........Caumsett 50K and 25K Runs [ssfitz5@aol.com](mailto:ssfitz5@aol.com)

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

15 K Run [mike.glirc@gmail.com](mailto:mike.glirc@gmail.com)

Sat. April 2..............Aspire 10K [mindyruns@aol.com](mailto:mindyruns@aol.com)

Sat. May 7................Greenbelt Trail 50K and 25K Runs [loulaf0516@aol.com](mailto:loulaf0516@aol.com)

Thurs. May 26.........Run Nassau #1 [ssfitz5@aol.com](mailto:ssfitz5@aol.com)

Sun. June 5.............Belmont Stakes 5K [mindyruns@aol.com](mailto:mindyruns@aol.com)

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

Appreciation Run [mindyruns@aol.com](mailto:mindyruns@aol.com)

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

Thurs. June 16........Run Nassau # 2 [ssfitz5@aol.com](mailto:ssfitz5@aol.com)

Thurs. June 23........Run Nassau #3 [ssfitz5@aol.com](mailto:ssfitz5@aol.com)

Sat. July 9................Runner’s Edge Long Island Womens 5K [mike.glirc@gmail.com](mailto:mike.glirc@gmail.com)

Thurs. July 14.........Run Nassau #4 [ssfitz5@aol.com](mailto:ssfitz5@aol.com)

Sun. July 17............Heart & Sole 5K [runningric@hotmail.com](mailto:runningric@hotmail.com)

Tues. July 26...........Marcum Workplace Challenge [fastfeetsue@aol.com](mailto: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](mailto:mike.glirc@gmail.com)

Sat. Aug. 27.............Runner’s Edge-TOBAY Junior Triathlon [mindyruns@aol.com](mailto:mindyruns@aol.com)

Sun. Aug. 28...........Runner’s Edge-TOBAY Triathlon [mindyruns@aol.com](mailto:mindyruns@aol.com)

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

Run [mindyruns@aol.com](mailto:mindyruns@aol.com)

Sun. Sep. 25............Ocean to Sound Relay [mindyruns@aol.com](mailto:mindyruns@aol.com)

Sat. Oct. 15.............Oyster Bay Town Supervisor’s Run [mindyruns@aol.com](mailto:mindyruns@aol.com)

Sun. Oct. 16............6 Hour 60th Birthday Run [sbellovin@aol.com](mailto:sbellovin@aol.com)

Sun. Oct. 30............Suffolk Marathon and Half Marathon [sue.glirc@gmail.com](mailto:sue.glirc@gmail.com)

Sun. Nov. 13............Blue Ribbon Prostate Cancer 10K and 5K [mindyruns@aol.com](mailto:mindyruns@aol.com)

Sun. Nov. 27............Rob’s Run [mindyruns@aol.com](mailto:mindyruns@aol.com)

Sat. Dec. 17.............Ho Ho Ho 5K Run [mindyruns@aol.com](mailto:mindyruns@aol.com)