

## 2009 Long Distance Running Championships

<b>Date</b>	<b>Event</b>	<b>Championship</b>
April 5	Cherry Blossom 10k	Open Women
April 25	Clinton Country Run 15k	All Divisions
May 3	Our House 5 mile	Masters Men/Women
May 9	Newport 10,000	Open Men
May 31	Run for Rachel 5k	Open Women
June 15	President's Cup 5k	Open Men
June 28	Pine Beach 5k	Masters Men/Women
September 13	USATF-NJ XC 5k	All Divisions
September 27	Liberty Waterfront 1/2M	All Divisions
October 25	USATF-NJ XC 8k	All Divisions
November 8	Giralda Farms 10k	Masters Men/Women
November 26	Ashenfelter 8k	Open Men/Women
December 13	USATF-NJ 10 Mile	All Divisions

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