

2010 Long Distance Running Championships

| Date | Event | Championship |
|--------------|-------------------------|---------------------|
| April 24 | Clinton Country Run 15k | All Divisions |
| May 2 | Our House 5 mile | Open Men/Women |
| May 8 | Newport 10,000 | Open Men/Women |
| May 23 | Run for Rachel 5k | Open Women |
| May 31 | Ridgewood 10k | Masters Women |
| June 21 | President's Cup 5k | Open Men |
| June 27 | Pine Beach 5k | Masters Men |
| September 5 | Jimmy D 5k | Masters Women |
| September 12 | USATF-NJ XC 5k | All Divisions |
| September 26 | Liberty Waterfront 1/2M | All Divisions |
| October 10 | USATF-NJ XC 8k | All Divisions |
| November 14 | Giralda Farms 10k | Masters Men |
| November 25 | Ashenfelter 8k | Masters Men/Women |
| December 12 | USATF-NJ 10 Mile | All Divisions |

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