

2011 Long Distance Running Championships

Date	Event	Championship
April 3	Indian Trails 15K	Open Men/Women
April 30	Clinton Country Run 15k	Masters Men/Women
May 7	Newport 10,000	Open Men/Women
May 22	Run for Rachel 5k	Open Women
June 20	President's Cup 5k	Open Men
June 26	Lager Run 5k	Masters Men
September 4	Jimmy D 5k	Masters Women
September 25	Liberty Waterfront 1/2M	All Divisions
October 23	USATF-NJ XC 5k	All Divisions
October 30	USATF-NJ XC 8k	All Divisions
November 13	Giralda Farms 10k	Masters Men/Women
November 24	Ashenfelter 8k	All Divisions
December 11	USATF-NJ 10 Mile	All Divisions

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