



Long Distance Running Championships

| DATE | EVENT | Category |
|-------------|----------------------------------|--|
| 03/20/22 | Spring Distance Classic 15K | All Divisions |
| 03/27/22 | Garden State 10 Miler | Coed Team Championship/**Wildcard Event |
| 04/03/22 | Essex County Cherry Blossom 10K | Open Men & Women |
| 05/15/22 | Superhero Half Marathon | All Divisions |
| 05/30/22 | Ridgewood Run 10K | Coed Team Championship/**Wildcard Event |
| 06/12/22 | Fitzgerald's Lager Run 5K | Open Men |
| 06/18/22 | Red Bank Classic 5K | Masters Women |
| 07/16/22 | Big Bang Mile | All Divisions |
| 08/13/22 | Asbury Park 5K | Coed Team Championship/**Wildcard Event |
| 08/28/22 | USATF-NJ 5K XC Championship | All Divisions Championship |
| 09/18/22 | By Hook or By Crook 12K | All Divisions/ USATF Masters 12K Championships |
| 09/25/22 | Steeplechase Distance Run 10K | Masters Men & Women |
| 10/02/22 | Little Silver 5K | Open Women |
| 10/16/22 | East Brunswick Road Races 12K | Coed Team Championship/**Wildcard Event |
| 11/06/22 | New Jersey 8K/6K XC Championship | USATF- NJ All Divisions Championship |
| 11/12/22 | Harrington Park 5K Spectacular | Masters Men |
| 11/24/22 | Ashenfelter 8K Classic | All Divisions |

**All Championships are 700pt Races **Coed Team Wildcards are 700/500pt Races*

Mountain Ultra Race Series

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| 02/19/22 | Valentine's In The Pines 4 Mile |
| 10/09/22 | Blackwood Trail Classic 7 Mile- Cancelled |
| 12/10/22 | Christmas in the Pines 4 Mile- Cancelled |
| 10/22/22 | Chimney Rock Trail Series 10K & 5K NEW EVENT-Martinsville |

