



2023 Long Distance Running Championships

<u>DATE</u>	<u>EVENT</u>	<u>Category</u>
03/19/23	Spring Distance Classic 15K	All Divisions
05/13/23	Our House 4 Miler	All Divisions
05/29/23	Ridgewood Run 10K	Open & Masters Men
06/11/23	Fitzgerald's Lager Run 5K	Open & Masters Women
07/15/23	Big Bang Mile	All Divisions
08/27/23	USATF-NJ 5K XC Championship	All Divisions
09/17/23	By Hook or By Crook 12K	All Divisions/ USATF Masters 12K Championships***
09/30/23	Haworth 5K	Open & Masters Men
10/15/23	Teri Roemer 10K	Open & Masters Women
10/29/23	USATF-NJ 8K XC Championship	All Divisions
11/23/23	Ashenfelter 8K Classic	All Divisions

***All Championship Races are 700pt events *** By Hook or By Crook 12K – 800pt event

2023 Coed Team Championships

04/02/23	Essex County Cherry Blossom 10K	Coed Team Championship/Wildcard Event
04/29/23	Clinton Country Run 15K	Coed Team Championship/Wildcard Event
06/26/23	Presidents Cup 5K	Coed Team Championship/Wildcard Event
08/12/23	Three Bridges 5 Mile Run	Coed Team Championship/Wildcard Event
10/22/23	East Brunswick 12K	Coed Team Championship/Wildcard Event
11/12/23	Giralda Farms 10K	Coed Team Championship/Wildcard Event

