



2025 Long Distance Running Championships

<b>DATE</b>	<b>EVENT</b>	<b>CATEGORY</b>
03/23/25	Garden State 10 Miler	Open & Masters Men
03/30/25	Spring Distance Classic 15K	Open & Masters Women
05/17/25	Mile By impact Zone	Open Men & Women
05/26/25	Ridgewood Run 10K	Open Men & Women
06/08/25	Fitzgerald's Lager Run 5K	Masters Women
06/23/25	President's Cup 5K	Open Men
07/19/25	Big Bang Mile	Masters Men & Women
08/24/25	USATF-NJ 5K XC	All Divisions
09/27/25	Haworth Run 5K	Masters Men
10/12/25	Long Beach Island 12K	All Divisions
10/19/25	Teri Roemer 10K Run	Masters Women
11/01/25	Harrington Park 5K	Open Women
11/09/25	Giralda Farms 10K	Masters Men
11/27/25	Ashenfelter 8K	All Divisions

**\*\* All Championship Races are 700pt Grand Prix Scoring Events**

Coed Team Championships/Wildcard Events

02/01/25	Penguin Pace 5K
04/06/25	Essex County Cherry Blossom 10K Run
04/26/25	Wayne Rotary Run 5K
06/26/25	Tom Fleming Sunset Classic 5 Mile
08/09/25	Three Bridges 5 Mile Run

