



2026 Long Distance Running Championship Schedule **700 Points**

DATE	EVENT	CATEGORY
05/09	Our House Four Miler	All Divisions
05/26	Ridgewood Run 10K	Masters Men
06/14	Lager Run 5K	**Open Men & Women
07/18	Big Bang Mile	All Divisions
08/30	USATF-NJ 5K Cross Country	All Divisions
09/19	Haworth 5K	**Masters Men & Women
09/26	Chase 5K	**Open Men & Women
10/18	Teri Roemer 10K	Masters Women
10/25	USATF-NJ Open & Masters 8K Cross Country	All Divisions
10/30	Harrington Park 5K	**Masters Men & Women
11/08	Giralda Farms 10K	Open Men+Women
11/26	Ashenfelter 8K	All Divisions

****Mini Open Men + Women 5k Spring/Fall Challenge**

****Mini Masters Men + Women Summer/Fall Challenge**

2026 Coed Team Events	Wildcard Events	500/700 Pts.
01/31	Penguin Run 5k	
04/12	Cherry Blossom 10K	
05/30	Wayne Rotary 5K	
06/25	Sunset Classic 5 Miler	
08/08	Three Bridges 5 Mile	
11/21	Tom O'Reilly 5K	

2026 Category III Grand Prix Races All Wildcard Events **500/700 Pts.**