



2026 Long Distance Running Championships

<u>DATE</u>	<u>EVENT</u>	<u>CATEGORY</u>
05/09	<i>Our House Four Miler</i>	<i>All Divisions</i>
05/26	<i>Ridgewood Run 10K</i>	<i>Masters Men</i>
06/14	<i>Lager Run 5K</i>	<i>**Open Men & Women</i>
07/18	<i>Big Bang Mile</i>	<i>All Divisions</i>
08/30	<i>USATF-NJ Open & Masters 5K Cross Country</i>	<i>All Divisions</i>
09/19	<i>Haworth 5K</i>	<i>**Masters Men & Women</i>
09/26	<i>Chase 5K</i>	<i>**Open Men & Women</i>
10/18	<i>Teri Roemer 10K</i>	<i>Master Women</i>
10/25	<i>USATF-NJ Open & Masters 8K Cross Country</i>	<i>All Divisions</i>
10/31	<i>Harrington Park 5K</i>	<i>**Masters Men & Women</i>
11/08	<i>Giralda Farms 10K</i>	<i>Open Men & Women</i>
11/26	<i>Ashenfelter 8K</i>	<i>All Divisions</i>

*****Mini Open 5K Challenge***

*****Mini Masters 5K Challenge***

2026 Coed Team Championship ** Wildcard Events 700/500Pts.

<u>DATE</u>	<u>EVENT</u>
01/31	<i>Penguin Run 5k</i>
04/08	<i>Cherry Blossom 10K</i>
05/30	<i>Wayne Rotary 5K</i>
06/25	<i>Sunset Classic 5 Miler</i>
08/08	<i>Three Bridges 5 Mile</i>
11/21	<i>Tom O'Reilly 5K</i>

2026 All Grand Prix Category Three Races will be Individual 700/500 Wildcard Races

