

March Running Schedule

Washington Running Report

Running Mar-01-09 B and A Trail Marathon and Half Marathon Severna Park MD
Running Mar-01-09 Run Aware 5K Wheaton MD
Running Mar-01-09 Burke Lake 12K Burke Station VA
Running Mar-01-09 Huguenot Park Cross Country 3 Mile Midlothian VA
Running Mar-07-09 No Rail on the Trail 10K Bethesda MD
Running Mar-07-09 CBRC Trail Run 3K California MD
Running Mar-07-09 Seneca Creek Greenway Trail Marathon and 50K Damascus MD
Running Mar-07-09 Geisinger Humdinger 7.1 mile muddy trail run Danville PA
Running Mar-07-09 YRRC Winter Series Jacobus 5 Miler Jacobus PA
Running Mar-07-09 YRRC Winter Series Indian Rock 10K York PA
Running Mar-07-09 Fort Eustis 10K Newport News VA
Running Mar-07-09 Explore Your Limits Trail Run 5K & 10K Roanoke VA
Running Mar-07-09 A Race through History 5K Winchester VA
Running Mar-08-09 JCC Snowball 5 Mile Wilmington DE
Running Mar-08-09 Dancel Family Center Y 5K Ellicott City MD
Running Mar-08-09 CBRC Lower Potomac River Marathon Piney Point MD
Running Mar-08-09 WRRC Predicted Time 4 Miler Westminster MD
Running Mar-08-09 Athletic Trainer River Run 5K & 1 Mile Pittsburgh PA
Running Mar-08-09 Shiver By The River Series 10K/5K Reading PA
Running Mar-08-09 Fort Hunt 10K Alexandria VA
Running Mar-08-09 John Robbins Organ Donor 8K Run Fredericksburg VA
Running Mar-08-09 Spring Backyard Burn (Race 1) Triangle VA
Running Mar-14-09 Shamrock Scramble 5K Run/Walk Dover DE
Running Mar-14-09 Baltimore Stadium Trek Baltimore MD
Running Mar-14-09 Patuxent Pi Mile Trail Run Lusby MD
Running Mar-14-09 SJPDS Run 4Fun 5K Marriottsville MD
Running Mar-14-09 St. Paddy's 5K Run/Walk Salisbury MD
Running Mar-14-09 Chambersburg Half Marathon Chambersburg PA
Running Mar-14-09 Run4Luck 4 Mile Lancaster PA
Running Mar-14-09 Green Legs and Hamstrings 5K & 16K Danville VA
Running Mar-14-09 Edward Jones 5K Front Royal VA
Running Mar-14-09 G.C. Round Elementary School Shamrock 5K Manassas VA
Running Mar-14-09 Shamrock 5k Run Manassas VA
Running Mar-14-09 Shamrock Hill Distance Run 5K/1 Mile Roanoke VA
Running Mar-14-09 Jamestown Swamp Run 5K Williamsburg VA
Running Mar-15-09 Capital Running Company St. Patrick's Day 8K & 1K Leprechauns Leap Washington DC
Running Mar-15-09 Citizens Bank Caesar Rodney Half Marathon & 5K Wilmington DE
Running Mar-15-09 KELLY Shamrock 5K Baltimore MD
Running Mar-15-09 McDaniel College 5K Track Run Westminster MD
Running Mar-15-09 Spring Backyard Burn (Race 2) Clifton VA
Running Mar-18-09 Tidal Basin 3K Washington DC
Running Mar-21-09 SunTrust National Marathon/Half Marathon Washington DC
Running Mar-21-09 Piece of Cake 10K Gaithersburg MD
Running Mar-21-09 HAT Run 50K Havre de Grace MD
Running Mar-21-09 Run for Rich 5K Walkersville MD
Running Mar-21-09 Danville Shamrock 5K Danville VA

Running Mar-21-09 Shamrock Trail Run 5K Harrisonburg VA
Running Mar-21-09 Richmond SPCA Dog Jog 5K Richmond VA
Running Mar-21-09 Park Ridge Elementary School 5K Run Stafford VA
Running Mar-21-09 Yuengling Shamrock Sportsfest Marathon/Half Marathon Virginia Beach VA
Running Mar-22-09 Kellys Logan House 5K Run/Walk Wilmington DE
Running Mar-22-09 Break - in the Bypass 10K Hampstead MD
Running Mar-28-09 The Friends of Curtis Mill Park 5K Newark DE
Running Mar-28-09 GNS Tortoise and Hare 5k Greenbelt MD
Running Mar-28-09 Joe Cannon Memorial 5K Pasadena MD
Running Mar-28-09 Keep Your Colon Rollin' 5k Saint Leonard MD
Running Mar-28-09 Just A Short Run 30K/Half Marathon/5K Allison Park PA
Running Mar-28-09 Cook Forest Half-Marathon and 5K Cooksburg PA
Running Mar-28-09 Race For Grace 5K Run and 1 Mile Fun Walk North Huntingdon PA
Running Mar-28-09 Van Metre 5 Mile Run for Children's Hospital Ashburn VA
Running Mar-28-09 W&OD Trail 5K Falls Church VA
Running Mar-28-09 Harrisonburg 5K Run/Walk for Autism Harrisonburg VA
Running Mar-28-09 Manassas Park Festival of Races Manassas Park VA
Running Mar-28-09 Mutt and Jeff 5K Newport News VA
Running Mar-28-09 Run to Register Quantico VA
Running Mar-28-09 Ukrop's Monument Avenue 10K Richmond VA
Running Mar-29-09 Scope it Out 5K for Colon Cancer Research Washington DC
Running Mar-29-09 Fire Run 5K New Castle DE
Running Mar-29-09 runterra 8K Gaithersburg MD
Running Mar-29-09 Mustang 5K Marriottsville MD
Running Mar-29-09 BRRC Whitehall 15K White Hall MD
Running Mar-29-09 Virginia Creeper Marathon Abingdon VA
Running Mar-29-09 Spring Backyard Burn (Race 3) Fairfax Station VA
Maryland Running Guide

March 1 (Sunday)

Columbia (Burleigh Manor Middle) - Operation Iceberg Series #7 - 2 Mile & 5 Mile, 2 pm, 410-964-1998

Conowingo (Susquehanna State Park) - RASAC Greenway 4 Mile Club Run, 8 am, 410-879-7679

Salisbury (Salisbury University Maggs Physical Activities Center) - Time Kennard 10 Mile River Run & 5 Mile Run/Walk, 8:30 am, 410-308-1870

Severna Park (Severna Park High School) - B&A Trail Marathon & Half-Marathon, 7:30 am, 410-268-1165

Wheaton (Wheaton Regional Park) - Run Aware 5K, 8:30 am, 301-353-0200

Fairfax Station, VA (Burke Lake Park) - Burke Lake 12K & 2K, 10 am, 703-241-0395

March 7 (Saturday)

Bethesda (Capital Crescent Trail) - No Rail on the Trail 10K, 9 am, 301-215-6355

California (Myrtle Point Park) - CBRC Trail Run, 9:30 am, 410-326-4059

Damascus (Damascus Regional Park to Riley's Lock) - Seneca Creek Trail Marathon & 50K, 8 am, EdSchultze@comcast.net

Winchester, VA (Millbrook High) - A Race Through History 5K, 9:30 am, 540-535-1888

March 8 (Sunday)

Columbia (Thunder Hill Elementary) - Operation Iceberg Series #8 - 2 Mile & 10K, 2

pm, 410-964-1998

Ellicott City (Long Gate Shopping Center) - 5K for the YMCA of Central Maryland, 8:30 am, 410-308-1870

Fallston (Lower Gunpowder Falls State Park) - RASAC Gunpowder, 8 am, 410-207-5010

Piney Point (Harry Lundeberg School of Seamanship) - Lower Potomac River Marathon, 7:15 am, 301-863-8431

Westminster (F&M Manufacturing Company, Tech Court) - Four Mile Predicted Time Run, 9 am, Bobby Ward, 443-352-8812

Alexandria, VA (Fort Hunt Park) - Fort Hunt 10K, 10 am, 703-241-0395

Triangle, VA (Prince William Forest Park) - Spring Backyard Burn (Race #1), 8 am, Jim Harman, 703-111-1111

March 14 (Saturday)

Baltimore (Fells Point - Slainte) - St. Patrick's Day Pub Run, 8 am, 410-296-5050

Denton - St. Patrick's Day 5K Race & Fun Walk, 10 am, 410-479-4446

Lusby (Patuxent High School) - Patuxent Pi Mile Trail Run & Mile Walk, 9 am, 410-535-7865

Marriottsville (Marriotts Ridge High) - SJPDS Run 4 Fun, 8 am, 443-622-3850

Petersville (St. Mary's Catholic Church) - 27th Annual Forest of Needwood 5 Mile Race, 1 pm, Lee Zumbach, 301-834-8045

Westminster (Bair Stadium, McDaniel College) - McDaniel College 5K Track Run, 9 am, 410-848-8991

March 15 (Sunday)

Baltimore (Charles and Franklin Streets) - Kelly St. Patrick's Day Shamrock 5K, 1:15 pm, 410-308-1870

Columbia (Swansfield Elementary) - Operation Iceberg Series #9 - 1 Mile & 5K, 2 pm, 410-964-1998

Havre de Grace (Susquehanna State Park) - RASAC Susquehanna 5K Club Race, 8 am, 410-879-9812

Clifton, VA (Hemlock Overlook Regional Park) - Spring Backyard Burn (Race #2), 8 am, Jim Harman, 703-111-1111

March 18 (Wednesday)

Washington, DC (Jefferson Memorial) - Tidal Basin 3K, Noon, 703-241-0395

March 21 (Saturday)

Gaithersburg (Seneca Creek State Park) - Piece of Cake 10K, 9 am, 301-353-0200

Havre de Grace (Susquehanna State Park) - Hinte Anderson 50K "HAT" Run, 9 am, 410-420-3413

March 22 (Sunday)

Columbia (Longfellow Elementary) - Operation Iceberg Series #10 - 2 Mile, 10K, & 15K, 2 pm, 410-964-1998

Hampstead (Hampstead Bypass (northern-most end)) - Break-in the Bypass 10K and 1-Mile Fun Run, 8 am, Bryan White

March 28 (Saturday)

Falls Church, VA (Masonic Lodge) - W&OD Trail 5K, 4 pm

March 29 (Sunday)

Columbia (Atholton High School) - Operation Iceberg Series Awards - 5K, 2 pm, 410-964-1998

Gaithersburg (Montgomery County Fairgrounds) - runterra 8K, 8:30 am, Corky Sturtevant, 703-586-5037

Marriottsville (Marriotts Ridge High School) - Mustang 5K, 9 am,
mustang5k@comcast.net, 410-750-6326

White Hall (NCR Trail) - White Hall 15K, 8 am, 410-377-7327

Fairfax Station, VA (Fountainhead Regional Park) - Spring Backyard Burn (Race #3),
8 am, Jim Harman, 703-111-1111

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[1] Sat Mar 07 2009 Explore Your Limits 5k & 10k Trail Race

Event ID: 11715

Event type(s): Run Off Road

Contact: Mountain Junkies : 540-375-3990 mountainjunkies@verizon.net

Location: Roanoke, VA

Website: www.mountainjunkies.net

[2] Sat Mar 07 2009 Arnold Air Society 5K Run to Remember

Event ID: 11743 - More Info: [Details]

Event type(s): Run Walk

Contact: Zev Zachary McCarty : 304-906-7474 yeagerdo@gmail.com

Location: Morgantown, WV / Hazel Ruby-McQuain Park, 1125 University Ave.

Morgantown, WV 26505

Website: www.wvuafrotc.com/

Comments: Rait-Trail Run

[3] Sat Mar 07 2009 Raleigh Get Your Rear in Gear 5K

Event ID: 11809

Event type(s): Run Walk

Contact: Get Your Rear in Gear (Lisa) : 612-718-2068

lisasnderson@getyourrearingear.com

Location: Raleigh, NC

Website: www.getyourrearingear.com

Comments: Benefits the Colon Cancer Coalition/ Great dri-fit shirts

[4] Sat Mar 07 2009 Geisinger HumDinger

Event ID: 11863

Event type(s): Run Off Road

Contact: Dave Decoteau : 570-271-1055 montourrec@mac.com

Location: Danville, PA

Website: www.rivertownrace.com

Comments: Part of the Susquehanna Seven Races

[5] Sat Mar 07 2009 Stair Climb the Arena

Event ID: 11896

Event type(s): Run Walk Non-Competitive Other

Contact: Donna Reifler : dreifler@lunginfo.org

Location: Wilkes Barre, PA / Wachovia Arena

Website: www.mrsnv.com/evt/home.jsp?id=2373

Comments: Deadline to register Feb 28th

[6] Sat Mar 07 2009 Jaime Ridenour Benefit Run- 5K Run/Walk

Event ID: 11932

Event type(s): Run Walk Competitive Non-Competitive

Contact: Penny Newland : 740-667-3311 penny.newland@meigslocal.org

Contact: Nichole Savoy : 740-667-6198 taewas81@hotmail.com

Location: Tupper Plains, OH / Meigs County, Ohio

Comments: Plus 1 Mile Fun Run/Walk, Prizes in all age classes for 5K

[7] Sun Mar 08 2009 Athletic Trainer River Run

Event ID: 11410

Event type(s): Run Road

Contact: Gaetano Sanchioli : sanchioligj@upmc.edu

Location: Pittsburgh, PA / UPMC Sports Performance Complex ,3200 South Water St., Pittsburgh, PA 15203

Website: signmeup.com/ATRiverrun

Comments: Race on the near-by river trail

[8] Sun Mar 08 2009 Four Mile Predicted Time Run

Event ID: 11700

Event type(s): Run Road

Contact: Westminster Road Runners Club (Bobby Ward) : 443-352-8812

ripken10@aol.com

Location: Westminster, MD / F&M Manufacturing Company, Tech Court

Website: www.carr.org/~wrrc/

[9] Sun Mar 08 2009 Arnold 5K

Event ID: 11640

Event type(s): Run Road

Contact: Matt McGowan : 740-587-0376 runohio@ee.net

Location: Columbus, OH / Greater Columbus Convention Center

Website: www.runohio.com

[10] Sat Mar 14 2009 McDaniel College 5K Track Run

Event ID: 11701

Event type(s): Run

Contact: Skip Fennell : 410-848-8991

Affiliate: Westminster Road Runners Club (Bobby Ward)

Location: Westminster, MD / Bair Stadium, McDaniel College

Website: www.carr.org/~wrrc/

[11] Sat Mar 14 2009 Chambersburg Half Marathon

Event ID: 11728

Event type(s): Run Road Walk

Contact: Chambersburg Road Run Clb : 717-263-9426 info@chambersburgrrc.org

Location: Chambersburg, PA / Chambersburg Area Middle School

Website: www.chambersburghalf.org

Comments: Plus Kid's One and Half Mile Runs, 30th annual event

[12] Sat Mar 14 2009 St. Malachi Run

Event ID: 11856

Event type(s): Run Walk

Contact: Hermes Sports & Events : 216-623-9933 roadracing@hermescleland.com

Location: Cleveland, OH / St. Malachi Church

Website: www.hermescleveland.com/roadracing/Malachi/index.shtml

Comments: 29th Annual

[13] Sun Mar 15 2009 Grafton 5-Mile Run, 2-Mile Walk, Kids Run

Event ID: 11897 - More Info: [Details] [Entry]

Event type(s): Run Road Walk Non-Competitive

Contact: Coach Eva Robinson : erobinso@access.k12.wv.us

Location: Grafton, WV / Grafton High School, 400 Riverside Drive, Grafton, WV 26354

Website: www.wvonline.com/graftonhs/

Comments: Kids Fun Run (1:30pm) -Sponsored by Grafton City Hospital &Tygart

Valley Rehab and Fitness

[14] Sat Mar 21 2009 Lynn Salyer Run and Walk for a Cure

Event ID: 11695

Event type(s): Run Road Walk Competitive

Contact: FAITH Runner : 606-367-3173 faith_runners@yahoo.com

Location: Paintsville, KY / Paintsville High School

Website: www.active.com/event_detail.cfm?event_id=1671515

[15] Sat Mar 21 2009 Haven in the Hardwood 5K

Event ID: 11748 - More Info: [Details]

Event type(s): Run Off Road Walk Non-Competitive

Contact: Pickens Improvement and Historical Society : 304-924-5056

kimdulaney@msn.com

Location: Pickens, WV / Old Train Depot

Website: www.smilingcountry.com/pickenswv/maplefest.htm

Comments: Part of the Maple Syrup Festival

[16] Sun Mar 22 2009 Frozen Foot 5K Race Series Race 3

Event ID: 11627

Event type(s): Run Road

Contact: Chuck Wells : 717-571-1798 racedirector@appliedracemgmt.com

Location: Elizabethtown, PA / Elizabethtown College

Website: www.frozenfoot.com

Comments: food,fun, prizes - \$100 prize for a new course record

[17] Sun Mar 22 2009 Break-in the Bypass 10K

Event ID: 11702

Event type(s): Run Road

Contact: Bryan White (WRRRC) : bryanwhite56@gmail.com

Location: Hampstead, MD / Northernmost end of Hampstead Bypass

Website: www.carr.org/~wrrc/

Comments: fund raiser for a local softball team

[18] Sun Mar 22 2009 Philadelphia Get Your Rear in Gear 5K

Event ID: 11810

Event type(s): Run Walk

Contact: Get Your Rear in Gear (Lisa) : 612-718-2068

lisasnderson@getyourrearingear.com

Location: Philadelphia, PA

Website: www.getyourrearingear.com

Comments: To benefit the Colon Cancer Coalition

[19] Sun Mar 22 2009 The MountainEAR 5K

Event ID: 11917 - More Info: [Details] [Entry]

Event type(s): Run Walk

Contact: Lily Hughes : 802-578-5140

Affiliate: Student Academy of Audiology (SAA)

Location: Morgantown, WV / Hazel Ruby-McQuain Park, 1125 University Ave.

Morgantown, WV 26505

Website: nafda.studentorgs.wvu.edu/events/

[20] Sat Mar 28 2009 Race For Grace 5K Run, 1 Mile Fun Walk

Event ID: 11704

Event type(s): Run Road Off Road Walk Non-Competitive

Contact: Race For Grace (Ashley Metz) : 412-848-7201 raceforgrace@gmail.com

Location: Irwin, PA / Norwin High School

Website: www.reflectionsofgrace.org

Comments: 2nd Annual

[21] Sat Mar 28 2009 Montvale 5 and 10 Mile Trail Races

Event ID: 11716

Event type(s): Run Off Road

Contact: Mountain Junkies : 540-375-3990 mountainjunkies@verizon.net

Location: Montvale, VA

Website: www.mountainjunkies.net

[22] Sat Mar 28 2009 Run for Your Life!

Event ID: 11910

Event type(s): Run Walk Non-Competitive

Contact: Hermes Sports & Events : 216-623-9933 roadracing@hermescleveland.com

Location: Berea, OH

Website: www.hermescleveland.com/roadracing/events/runforyourlife.asp

[23] Sat Mar 28 2009 Joker Run & Walk

Event ID: 11861 - More Info: [Details] [Entry]

Event type(s): Run Road Walk

Contact: Cheryl Gaynor : 304-348-8008 cheryl.gaynor@cityofcharleston.org

Affiliate: Charleston Parks and Recreation

Location: Charleston, WV / Kanawha City

Comments: 4 Mile Run, 2 Mile Walk

[24] Sat Mar 28 2009 Run For Cover

Event ID: 11884

Event type(s): Run Off Road Walk Non-Competitive

Contact: Lauren Becker : 612-325-1952 lbecker@mix.wvu.edu

Location: Morgantown, WV / Star City Park on The Rail Trail

Website: www.runforcover5k.net/

Comments: Sponsored by American Medical Association (AMA)

[25] Sat Mar 28 2009 5K Walk/Run For Autism

Event ID: 11902

Event type(s): Run Walk

Contact: Gamma Sigma Sigma - James Madison U. : valleyautismrace@gmail.com

Location: Harrisonburg, VA / Westover Park

Website: www.runwalkjog.com/autism/

Comments: To benefit the Shenandoah Valley Autism Partnership

[26] Sun Mar 29 2009 runterra 8K

Event ID: 11714

Event type(s): Run Road Walk Competitive

Contact: runterra - Corky Sturtevant : corky@runterra.com

Location: Assawoman, VA

Website: www.runterra.com

Comments: all runners receive: free entry into 2-day Go Green America Expo and more!

[27] Sun Mar 29 2009 Cooper's Rock 10K Run & 5K Walk

Event ID: 11890 - More Info: [Details] [Entry]

Event type(s): Run Road Walk

Contact: Roadrunners/WVTC : 304-216-3224 (Ed Frohnapfel) edfrohnae@aol.com

Contact: Bob Baker : 304-284-2253 robert.baker1545@comcast.net

Location: Morgantown, WV / Coopers Rock State Forest

Comments: Rolling paved course
[28] Sun Mar 29 2009 Bridges To Recovery
Event ID: 11915Western Maryland Timing

January

1 - New Year's Resolution Run 2009 LaVale Md Results Kids 1/2 mile
14 - Snowflake Chase - McHenry, Md Run Results Awards Walk Results Awards
February

1 - Foxborough Farms 5-K Run - Chip Results
8 - Chocolate Mile, Fairfax Va - Chip Results Awards
14 - GW Birthday 10K , Alexandria Va - Chip Results Awards
March

1 - Tim Kennard 5K/10 mile Run, Salisbury Md - Chip Site
7 - Run for the Plunge 5K run/walk Rocky Gap 9 AM Application Doc
14 - Chambersburg Half Marathon, Chambersburg Pa Site
15 - Kelly St. Patrick Day Shamrock 5K, Baltimore Md - Chip
April

4 - Spring is Here 10K, Cumberland, Md Application
11 - Dorchester 1/2 Marathon Run Cambridge Md - Chip
18 - Silver Spring 5 miler, Silver Spring Md - Chip
19 - Mountain Maryland Marathon, Cumberland Md Site Application Banner
May

1 - Annual White Oak Classic - FDA Race - Silver Spring, Maryland
2 - Robert Packard ALS Foundation 5K - Chip
2 - Lead Strong 1/2 Marathon - Chip
3 - Celiac 5K Run, Duburns Arena, Baltimore Md.
9 - TRC Hagerstown, Md 8 am
9 - Western Md Kid's Run (AC) Cumberland, Md Application
16 - Armed Forces 10K Run, Aberdeen Md.
17 - Oriole Advocates, Baltimore - Camden Yards
23 - Blood and Water Mission 5K/10K, Hunt Valley, Md
24 - MCVET 5K & 10K Run - Chip
30 - Howard County Library 5K
31 - Baltimore County 1/2 Marathon, Timonium Md. - Chip
June

6 - Kelly Care 5K Run, Alexandria Va
7 - Bel Air Town Run 5K - Chip
13 - 20th Annual Rocky Gap Triathlon
21 - Father's Day 5K, Towson Md - Chip
28 - New Balance Jenny Smith Baltimore Women's Classic 5K - Chip
July

4 - Fourth of July 5K, Williamsport, MD

18 - Lady's Distance Festival 5K - Rocky Gap
August

2 - Hadassah, Hunt Valley, Md - Chip
8 - Ausherman 5 Miler Chambersburg Pa
9 - Boordy Vineyards 5K Hydes Md
22 - Gary Brown 5 Mile Run, Williamsport Md,
29 - Almost Labor Day, Greencastle Pa
30 - Charm City Run 20 Miler NCR Trail, Hunt Valley Md
September

6 - Arlington 9/11 Run
11 - St. Joseph Medical Center Run to Remember 5K/1 mile Baltimore
11 - GPCC - Harrisburg Pa -5K
12 - Knights of Columbus/ICS Towson 5K/Walk
19 - Diane Geppi-Aikens Memorial 5K Run Loyola College
20 - Executive Stampede, Hunt Valley Md
26 - Hereford Invitational - Hereford, Md HS Cross County
27 - Navy 5 Miler, Washington D.C.
October

3 - MMFM Philadelphia Pa
4 - Vibrant Life 5K Run, Hagerstown Md.
31 - Ocean City 10 Miler & 5 K Runs 10 Miler
November

7 - Fallston Be True to Your School
21 - JFK 50 Mile Run (Hagerstown Maryland) Site
26 - Thanksgiving Day Run 5k Hagerstown, Maryland
28 - North Central Trail Marathon (BRRC) - Chip

December

Event type(s): Run Walk

Contact: A. Wolfe : awolfe@hermesleveland.com

Location: Cleveland, OH / The Covenant

Website: www.hermescleveland.com/roadracing/events/bridges.asp