




JAN 8
JAN 22
FEB 5
FEB 19
MAR 5

SNOW CHEAP WINTER TRAIL RACE SERIES
Cobbs Hill Park
Each race is between 2-4 miles, 7:15pm Start
Choose from snowshoe or non-snowshoe categories




MAR 29

SPRING FORWARD DISTANCE RUN
Mendon Ponds Park
15K - 8:00am Start
2.5 Mile - 8:10am Start
Kids Run Wild Races



APR 16

DIRT CHEAP TRAIL SERIES, RACE #1
Mendon Ponds Park
4-6 Mile Trail Run
6:30pm Start



APR 26
APR 27

UNITY HEALTH SYSTEM ROCHESTER FLOWER CITY CHALLENGE
Saturday, April 26
SMP River Challenge
Genesee Waterways Center
7:30am Start
Duathlon - 5K/20 Mile/5K
Paddle Tri - 5K/20 Mile /3 Mile
Sunday, April 27
Blue Cross Arena
Unity Health System Rochester
Flower City Half Marathon
7:30am Start
Wegmans Family 5K
7:45am Start
Kids Run Wild Races



JULY 4

BRIGHTON CHAMBER OF COMMERCE JULY 4TH 5K
Brighton High School
5K - 8:00am Start



JULY 4

FIRECRACKER 5 MILE
Perinton Park
5 Mile - 8:00am Start



MAY 14

DIRT CHEAP TRAIL SERIES, RACE #2
Webster Park
4-6 Mile Trail Run
6:30pm Start



MAY 24

SENGHUNDA TRAIL MARATHON & RELAY
Letchworth State Park
7:45am Solo Women Start
8:00am Solo Men Start
8:30am All Relay Teams Start



JUNE 7

MENDON MAULER TRAIL RACE
Mendon Ponds Park
4, 8 or 12 Mile Trail Run
8:00am Start
All Relay Teams - 8:30am Start
Kids Run Wild Trail Races



JUNE 11

DIRT CHEAP TRAIL SERIES, RACE #2
Lucien Morin Park
4-6 Mile Trail Run
6:30pm Start



JULY 4

BRIGHTON CHAMBER OF COMMERCE JULY 4TH 5K
Brighton High School
5K - 8:00am Start



JULY 4

FIRECRACKER 5 MILE
Perinton Park
5 Mile - 8:00am Start



JULY 9

DIRT CHEAP TRAIL SERIES, RACE #4
Mendon Ponds Park
4-6 Mile Trail Run
6:30pm Start



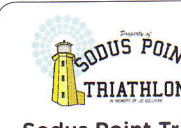
JULY 19
JULY 20

SHORELINE MULTISPORT FESTIVAL
Hamlin Beach State Park
Saturday, July 19
Half Marathon - 8:00am Start
5K - 8:15am Start
Kids Run Wild Races
Sunday, July 20
Sprint Triathlon - 8:15am Start
Sprint Duathlon - 8:15am Start



JULY 27

Women Run The Roc
Frontier Field
5K - 8:30am Start
Kids Run Wild Races



AUG 10

Sodus Point Triathlon
Sodus Point
Sprint Triathlon - 8:30am Start



AUG 17

K-Nine 5K & Fi's Fun Run
Ellison Park
5K - 9:00am Start
1.5 Mile - 9:00am Start



AUG 20

DIRT CHEAP TRAIL SERIES, RACE #5
Webster Park
4-6 Mile Trail Run
6:30pm Start



AUG 31

Summerfest
Mendon Ponds Park
12K - 9:00am Start
5K - 9:05am Start
Kids Run Wild Races



SEPT 10

DIRT CHEAP TRAIL SERIES, RACE #6
Lucien Morin Park
4-6 Mile Trail Run
6:00pm Start



SEPT 21

Rochester Marathon
Frontier Field
Marathon - 7:30am Start
Half Marathon - 7:45am Start
Marathon Relay - 7:30am Start



OCT 5

Rochester Autumn Classic Duathlon
Mendon Ponds Park
F1 Duathlon - 8:30am Start
Super Sprint Du - 8:33 Start



OCT 25

Pumpkins In The Park
Cobbs Hill Park
5K - 9:00am Start
Kids Run Wild Races



NOV 8
NOV 9

Dirt Cheap Stage Race
Mendon Ponds Park
Saturday, November 18
3 Mile Time Trial - 9:00am Start
5.5 Mile Trail Run - 1:00pm Start
Sunday, November 19
11 Mile Challenge - 9:00am Start




NOV 27

Webster Turkey Trot
Webster Park
4.4 Mile - 10:00am Start
2.5 Mile - 10:10am Start



DEC 17

SNOW CHEAP WINTER TRAIL RACE SERIES
Cobbs Hill Park
2-4 miles - 7:15pm Start
Choose from snowshoe or non-snowshoe categories



DEC 20

REINDEER RUN 5K
The Strong National Museum of Play
5K - 8:30am Start
Kids Run Wild Races



KIDS RUN WILD EIGHT RACE SERIES
A New Kids Race Series For Kids 12 & Under
1/4 Mile Fun Run
1/2 Mile Timed Race
1 Mile Timed Race
Spring Forward Distance Run
Unity Health System Rochester Flower City Challenge
Mendon Mauler Trail Race
Shoreline Multisport Festival
Women Run The Roc
Summerfest
Pumpkins In The Park
Reindeer Run 5K

