

Date	Location	For more information...
1/2/10	Original Kingston Classic Course, Dietz Stadium	Contact Phil Canion 845-331-6115 (PCani@dmv.state.ny.us)
1/9/10	Highland – 2 Bridges Run-Meet at 88 Sunnybrook	Contact Mary Phillips 845-691-6623 (maryp88@msn.com)
1/16/10	Rhinebeck Ramble	Contact Steve Sansola 845-876-6599 (Steve.Sansola@marist.edu)
1/23/10	3-Car Garage Run, Dietz Stadium	Contact Karen Spinozzi, 845-338-0626 (karenrose@yahoo.com)
1/30/10	Port Ewen – Meet at BOCES, Rt. 9	Contact Pam Buono 845-334-9388 (pbuonous@aol.com)
2/06/10	Rosendale Brunch Run, Linda Schrader's Place	Contact Linda Schrader 845-658-3427
2/13/10	5 th Annual Red Hook Cupid Breakfast Run	Contact Brad & Jane Hamann 845-758-6186 (bhamann@hvc.rr.com)
2/20/10	Wallkill View Farm, Rt. 299, New Paltz	Contact Larry Byrne 845-567-1338 (lawrence.byrne@usma.edu)
2/27/10	Ashokan Reservoir at Ben Nesin Lab	Contact Larry Byrne at 845-567-1338 (lawrence.byrne@usma.edu)
3/06/10	Catskill (park at Catskill High School)	Contact Bonnie Maroney 518-731-9860 (bamaroney@gmail.com)
3/13/10	Kerhonkson (Kelly's Greenhouse)	Contact Dennis Kelly 845-647-5338 (greenthumb_522000@yahoo.com)

Contact Person: Larry Byrne (845) 567-1338

Coordinated by the Onteora Runners Club

- All runs are on Saturdays, start at 9:30 sharp and feature a suggested 6 - 7 mile course, sometimes based upon a popular race.
- These are not races, but fun runs! Runners are free to run as far and fast as they would like.
- After the run we head to a local diner, restaurant or someone's home for breakfast.
- We have lots of fun, so please join us!
- A word about bad weather: A good rule is if the snowplows are out, stay in. Also, if it's not safe to drive, then it probably isn't safe to run.