

MHRRC 2019 Race and Practice Schedule (subject to change)

<i>Date</i>	<i>Race</i>	<i>Distance</i>	<i>Time</i>	<i>Place</i>	<i>Race Director</i>
Jan 13 Saturday	Recover from the Holidays 50K	50 K	9:00 am	Norrie Point	Pete Colaizzo runhed246@hotmail.com
Mar 3 Sunday	Ed Erichson Memorial Races	5 Mile 10 mile	9:00 am 9:15 am	LaGrange Town Hall, LaGrangeville	Linda Stow (845) 462-7290 lstow1@gmail.com
April 24– September 11	Track Practices	See web site for workouts	6:00 pm	Union Vale MS Track	AJ Guckian (845) 913-5215 ajguckian@gmail.com
May 4 Saturday	Miles of Hope Breast Cancer Family Fun Run	Kids 1 mi 5K walk/run	10:00 am 10:30 am	Tymor Park, 249 Duncan Road, Lagrangeville	Lori Decker (845) 380-7704 Barridonnellan@gmail.com Caitlin Martin safeguardcait88@gmail.com
May 12 Sunday	Wa Wa Wally Waddle 5K	1 Mile kids 5K run/walk	9:00 am 9:30 am	Vassar Farms	Josh Perks (512) 590-2667 yoshason@gmail.com
May 18 Saturday	Women's Run	5K 10K	8:10 am 8:00 am	Dutchess Rail Trail	Polly Sparling pts4257@aol.com
June 1 Saturday	Joseph McDonald/Bill Crusie Runs	5K runners Kids 1 Mile 10K	8:00 am 8:05 am 8:45 am	Mesier Park, Wappingers	Mark Sanfilippo (845) 905-5279 marks@limarlandscape.com
June 28 July 5, 12, 19 Fridays	Summer Track Series	100M-3200M	6:15 pm	Arlington High School	Tom Storey thomascstorey@yahoo.com
Sept 15 Sunday	Dutchess County Classic	Kids 1 Mile Marathon Half- Marathon 5K	8:00 am 8:30 am 8:30 am 8:45 am	Dutchess Community College	Sue O'Neil info@dutchesscountyclassic.org
Sep 28 Saturday	Schlathaus Park Run	Kids 1 mile 5K	10:00 am 10:30 am	Schlathaus Park, Wappingers	Linda Stow (845) 462-7290 lstow1@gmail.com
Oct 20 Sunday	Billy Goat Trail Run	Kids fun run 5K	10:00 am 10:30 am	James Baird State Park, LaGrangeville	Tom Storey thomascstorey@yahoo.com

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Nov 28 Thursday	Turkey Trot	25K 1 Mile kids 5 Mile run 2 Mile fun run	8:30 am 8:45 am 9:15 am 9:25 am	Arlington High School, LaGrangeville	Andrew Guckian (845) 913-5215 ajguckian@gmail.com
Dec 7 Saturday	Pete Sanfilippo Holiday Run	Kids 1 mile 5 mile	10:00 am 10:30 am	Knights of Columbus Hall, Wappingers	Mike Slinsky Runfast610@gmail.com Mark Sanfilippo (845) 905-5279 marks@limarlandscape.com