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USA TRACK & FIELD ADIRONDACK ASSOCIATION

2016 Long Distance Running Grand Prix

March 12	Saturday	Runnin' of the Green 4mile	Rotterdam, NY
April 3	Sunday	28 th Delmar Dash 5mile	Delmar, NY
May 30	Monday	Memorial Mile	Glens Falls, NY
June 4	Saturday	38 th Freihofer's Run for Women 5k	Albany, NY
June 11	Saturday	Kinderhook Bank OK5k	Kinderhook, NY
June 26	Sunday	40 th Adirondack Distance Classic 10mile	Lake George, NY
July 4	Monday	10 th Firecracker 4mile	Saratoga Springs, NY
August 28	Sunday	Thatcher Pk. Running Festival Trail 10k	Voorheesville, NY
September 25	Sunday	35 th Arsenal City 5K	Watervliet, NY
October 9	Sunday	14 th Hannaford Half-Marathon	Cohoes, NY
October 30	Sunday	Saratoga Classic Cross Country 5K	Saratoga Springs, NY
November 13	Sunday	41 st Stockade-athon 15K	Schenectady, NY
November 24	Thursday	69 th Troy Turkey Trot 10K	Troy, NY