



Long Island Running Series

998c Old Country Road - Ste. 262 - Plainview, NY 11803

LongIslandRunningSeries@gmail.com

2020 Race Schedule

1-1-20	Maggie's Mile – Kings Park	S
3-14-20	Kings Park 15K – Kings Park	S
3-28-20	Jonas Aspire 10K – Plainview	N
4-11-20	Doug Wood 5K – Northport	S
5-3-20	LI Half Marathon – East Meadow	N
5-23-20	Barbara Bartel Runday 5K – Hicksville	N
5-30-20	Northport Downhill Mile – Northport	S
6-6-20	Keith Nintzel 5K – Sayville	S
6-20-20	Shelter Island 10K – Shelter Island	S
6-28-20	Massapequa Firecracker 5K – Massapequa Park	N
6-28-20	Katies' Run 5K – New Hyde Park	N
7-11-20	Runners Edge Women's 5K – Farmingdale	N
7-18-20	Joe Koziarz Westhampton 5K – West. Beach	S
8-2-20	Massapequa Park Mile – Massapequa Park	N
8-8-20	Sayville Summerfest 4 Mile – Sayville	S
8-10-20	NCPD Police Officer 5K – East Meadow	N
9-5-20	Runners Edge Main Street Mile – Farmingdale	N
9-12-20	Hope Runs Here 5K – Oyster Bay	N
10-3-20	The Great Cow Harbor 10K – Northport	S
10-11-20	Blazing Trails 4 Mile Run – Great Neck	N
10-17-20	Town of Oyster Bay Supervisors 5K – Oyster Bay	N
10-25-20	Suffolk County Marathon	S
11-7-20	Northport Veterans 4K – Northport	S
11-8-20	Blue Ribbon 5K – Woodbury	N
11-29-20	Rob's Run 5K – Syosset	N
12-13-20	Tough Cookie 8K – Kings Park	S

N = Nassau Race / **S** = Suffolk Race

Races and schedule subject to change

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