



Popular 2013 Running and Triathlon Races

Marine Corp Marathon (MCM) Series	MCM Event Series (2013) held in DC. Retrieved July 9, 2013 from www.marinemarathon.com/MCM_Event_Series.htm
Gender Defender 5K Crossroads 4 miler MCM 10K Turkey Trot 10K	August 25, 2013 September 7, 2013 October 27, 2013 November 23, 2013

State	Date	Race and Website
Various	Various	Lots of other races can be found at http://www.runningintheusa.com A small selection of popular races are listed below. <i>Washington Running Report</i> (2013). Retrieved August 14, 2013
VA	9/1	Rock and Roll Virginia Beach ½ Marathon: http://runrocknroll.competitor.com/virginia-beach
DC	9/8	Nation's Triathlon (1.5K swim, 40k bike & 10k run): http://nationstri.com
DC	9/14	Navy-Air Force ½ Marathon & 5 Miler: www.navyairforcehalfmarathon.com .
GA	9/21	Walk of HEROes 5K and tot Trot: www.walkofheroes5k.com
AZ	9/21	El Tour Adventure 10K & 5K Run: www.perimeterbicycling.com/el-tour-run
PA	9/29	U Can Do It Duathlon Races 2 Mile Run/8 Mile bike/2 Mile Run: www.bluemountainwildlife.com/bmw/index.php?option=com_content&task=view&id=21&Itemid=38
FL	10/5	Disney Happy Haunted 5K Trail Run: www.rundisney.com
CA	10/5	Big Bad RAD 10 miler Run: http://www.bigbadrad.com
NY	10/6	Rock and Roll Brooklyn Run: http://runrocknroll.competitor.com/new-york
DC	10/20	Army 10 miler Run: www.armytenmiler.com





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State	Date	Race and Website
GA	10/26	Atlanta Marathon, 10 miler, 5K Run: www.atlantamarathon.org
IL	10/26	Halloween Hustle 5k Run/Walk: www.halloween5k.com
NC	11/9	Joint Special Operations 10K Run/5K Walk: www.thesoca.org/jso10k.htm
AK	11/9	Veteran's Day 8K Run: http://southeastroadrunners.weebly.com/race-calendar.html
CA	12/8	Santa to the Sea ½ Marathon, Relay & 5K Run: www.santatothesea.com
AK	12/14	Jingle Bell Run/Walk 5K Run/Walk, Kids Run: www.anchoragejinglebellrun.kintera.org

Important TIPS:

- Popular races sell out quickly (even up to 6-12 months in advance). So act fast and register early!
- If a race you're interested in is sold out this year, first see if they have any fund-raising or "team-in-training" spots still available. Or put it on your calendar for 2014 and start working toward your new fitness goal!
- If you're looking for more race events in your geographical area, check out www.active.com. You can also find running, cycling, and swimming tips, training regimens (beginning-advanced), and health and nutrition advice at www.active.com, www.runnersworld.com, and www.bicycling.com.
- Happy Racing!

