



Greater Long Island Running Club's Upcoming November and December Events

[caption id="attachment_216" align="aligncenter" width="493"]

November 2010						
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6 LI 5K Run For the Warriors, Lindellhurst, 516-852-2955, JCalley@LaceBB.org, HopeforWarrriors.org Northport Veterans Day 4K X.O Race, Northport W. Center 631-361-6242, Mflood@Reading.com, NRCRun.org
7	8	9	10	11	12	13 Rockville Centre 10K, 5K & 1M Fun Run, RVC Village Hall, 516-670-8238, RVChoc2@optonline.net, RWGVJug
14 Great Frostbite Cancer Challenge 5K, 10K@ Golf Course, Woodbury, 516-349-7040, SPolansky@aol.com, GURC.org	15	16	17	18	19	20 Lymbrook Rly With the Dubs 4M Run/Walk, Lymbrook H. Middle School, 516-353-6949, CAP25@aol.com, FlyWithTheDubs.com
21	22	23	24	25 Community Deal of Port Washington 1M Race, Memorial Park, 516-267-2101, AllisonHill@perchent.org WSP Foundation 3rd Annual 5K Run/Walk 1K Trail For the Park, New River State Park, Long Park, 801-840-6241, jacob@DuoSoc.net.com, OurStatePark.com Banker Change Lines Turkey Trot 5K & 10M Walk, Coney Beach, Star Point, 802-389-3940, EganTina@yaho.com, SprintsTurkeyTrot.org Townwide Fund of Huntington Thanksgiving Day 4M, 5M of Huntington Harbor, 607-549-3038, South@sumabed.usd.org, TownwideFund.org Annual Fall Gaun Memorial Turkey Trot 5K, Southaven Elementary School, 801-752-6546, Kade.Schoobman@LL.org, US.org@RunnyGirl	26	27 Mary Neenan Can't Meant War 1 5K, Heckscher State Park Field 1, 516-924-2975, Carl@meantwar@yaho.com Britte Golden 5K Run for Children (MozzyFirst), Syosset, 516-521-0000x114, KSnaden@MozzyFirst.org, Run-For-Children.org
28 Rob's Run X-C 5K, Shilwell Woods, Syosset, 516-349-7646, SPolansky@aol.com, GURC.org	29	30				

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December 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 Right Side Massage, Queens, 516-716-7724, RightSideMassage@gmail.com , www.RightSideMassage.com			4 Seaford Wellness Hot Chocolate 5K Run/Walk, Seaford HS, Seaford Neck Rd., 516-354-8536, MUD4554@optimum.net , SeafordWellness.com
5 16th Annual Gary Meritz Memorial Porsche 5K Run, Brentwood High School, 631-434-2204, Brentwood K12 ny.us Patchogue Kiwanis Toy Train 5K, Brickhouse Brewery, Patchogue, 631-267-1000, PatchogueKiwanis.com						
12 GLRC Winter 50M Trail Run, Heckscher State Park to Vets Trailhead, 516-343-7646, SP@narsky@glrc.com , GLRC.org						18 Carter, DeLuca Ho Ho Ho Holiday 5K, JFK Middle School, Setpage, 516-343-7646, SP@narsky@glrc.com , GLRC.org



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Check out the Greater Long Island Running Club's upcoming 2010 November and December events. Click the images for a larger version.