

Race Calendar 2018

Disclaimer: This race information is compiled from a variety of sources. We strive for accuracy, but we sometimes err. Before traveling, please verify details for the events from the application or race organizer. If you notice an error, please notify the [Webmaster](#) so that the calendar can be corrected.

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January

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Tom Hamlin January Freeze 10K Series

Saturday, ~~January 6, 13~~, January 20, 27 and February 3. **The races scheduled for January 6 and 13, 2018 have been canceled due to weather.** Races to be held at [Otsiningo Park](#), Binghamton, NY. Races start at 10:00 AM with race day registration starting at 9:00 AM.

The USAT&F Certified 10K course ([NY10064JG](#)) consists of a starting piece plus 3 times a 1.965 mile loop, all on park roads. Winners each week (Men & Women) will receive an award (no duplication of weekly awards) and there will be overall awards at the end of the series. To be eligible for the overall award, you must participate in a minimum of 3 races.

[Tom Hamlin January Freeze 10K Series](#)

Canceled! Saturday, January 13, 10 AM. Otsiningo Park, Binghamton, NY. Registration from 9 AM. Remember to bring your bib number from the previous Freeze 10K if you have already registered.

3rd Annual MLK Day 5K Run/Walk

Sunday, January 14, 11:00 AM. Vestal Coal House. USATF certified 5k NY14087JG. Official results and awards for overall and age group winners. Race celebrates the life of Martin Luther King Jr. Inspirational essay contest offers cash prizes to winners.

[Tom Hamlin January Freeze 10K Series](#)

Saturday, January 20, 10 AM. Otsiningo Park, Binghamton, NY. Registration from 9 AM. Remember to bring your bib number from the previous Freeze 10K if you have already registered.

[Tom Hamlin January Freeze 10K Series](#)

Saturday, January 27, 10 AM. Otsiningo Park, Binghamton, NY. Registration from 9 AM. Remember to bring your bib number from the previous Freeze 10K if you have already registered.

Pond Hockey 5K at Binghamton Pond Fest

Sunday, January 28, 11:00 AM. Chenango Valley State Park, NY. Trail race at Chenango Valley State Park will include a snowshoe division.

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[Tom Hamlin January Freeze 10K Series](#)

Saturday, February 3, 10 AM. Make-up 10K. This race will make up for the January 6, 2018 race that has been canceled. Otsiningo Park, Binghamton, NY. Registration from 9 AM. Remember to bring your bib number from the previous Freeze 10K if you have already registered.

Cupid's Chase 5K

Saturday, February 10, Downtown Binghamton on corner of Hawley and Court St. Registration at 10:00, Race start at 11:00am. Fees: \$30 on or before Feb 9, 2018, \$40 Feb. 10 to race day.

6th Annual Run With Your Hun Valentine's Day 5K

Sunday, February 11, 11:00 AM, Vestal Coal House, Vestal, NY. USATF certified 5k NY14087JG. Run with a "Hun" or as an individual. Awards for overall winners and team categories such as Husband and Wife and Best Friends Forever. Prizes for most Valentine's Day spirit. Chili, hot chocolate, & refreshments post-race.

Freeze Out to End Homelessness 5k

Friday, February 23. Highland Park, Endwell, NY. Day-of registration starts at 6 PM, race at 7:00 PM.

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Parade Day Mile

Saturday, March 3, 185 Court Street, Binghamton, NY. 12:45 PM. A 1 mile race from the Broome County Public Library to the Belmar Pub. \$500 award for top male and female.

17th Annual St. Patrick's 4 Mile Road Race

Saturday, March 10. St. Patrick's Church, Leroy Street, Binghamton, NY. 10 AM start. Here are a few important facts about this race: 1. It is a huge fundraiser for the local food banks. 2. It hosts the best post-race party of all local races. 3. The BC Celtic Pipe and Drum band plays while runners enjoy a few Guinness and corned beef sandwiches. 4. Awesome SWAG! 5. This race is the first race in the 2018 Empire Road Race Series presented by Visions Federal Credit Union. Contact: [Thomas Ryan](#) with questions or if you would like to volunteer.

Celebrate Life Half Marathon and Two Person Relay

Sunday, March 11. Rock Hill NY. Beautiful scenic half marathon in Sullivan County. USATF certified course. Mild rolling hills, downhill finish.

St. Patrick's Day 5K/10K Run/Walk

Saturday, March 17, 9:00 AM. Start at Upstate Brewing Company, 3028 Lake Rd, Elmira, NY 14903. Pre-Registration Closes March 14th, 2018 at 12:00 PM. SWAG: Logo tank top available in men's or women's cut. All pre-registered participants (registered by February 27 at 11:59 PM) receive a logo tank top. All registering February 28 and later, including on race day, are not guaranteed a logo tank top or the size requested.

John J McKenna IV Memorial 5K

Saturday, March 24, 10:15 AM. Recreation Park, 73 Beethoven St., Binghamton, NY. 5K run/walk. Contact: mckenna5k@binghamtoncrew.org

45th Annual Forks XV (15) Km Run

Sunday, March 25, 2:00 PM. Chenango Forks High School, Chenango Forks, NY. USATF Certified 15K, [NY13020JG](#).

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37th Annual Skunk Cabbage Classic

Sunday, April 8, Barton Hall, Cornell University, Ithaca. Half Marathon starts at 10 am; 10K starts at 10:15.

The Color Run 5K Binghamton - Hero Tour

Sunday, April 15, SUNY Broome Campus, 907 Upper Front Street, Binghamton, NY 13905. 9:00 AM start. Volunteers are needed. Please contact: [Joanne Weir](#), Mental Health Association of the Southern Tier, 607-771-8888 x336.

5th Annual Jones Memorial Hospital Glow 5k Run and Walk

Friday, April 20, Island Park Pavilion, Wellsville, NY. 7:30 pm sign in, 8:30 pm start.

Running of the Bears 5K

Saturday, April 21, Vestal High School, 205 Woodlawn Drive, Vestal, NY. 5K Run or Walk from VHS down and back on Front Street. Mostly flat and fast. Walkers start at 9:30 a.m. Runners start at 10:00. Sponsored by Vestal Varsity Club. Proceeds benefit Team Hopefull, helping fund research and support services for people with Prader Willi Syndrome. Contact: [Sue Darpino](#).

3rd Annual SUNY Broome PTA Superhero 5K

Saturday, April 21, 10:00 AM. 5K Run/Walk at Vestal Coal House/Rail Trail. Proceeds benefit the SUNY Broome Physical Therapy Assistant Club. Awards for overall, age group winners, top SUNY Broome students and alumni. Participants are encouraged to wear a superhero costume – prizes for best costumes.

Walk.Run. for Malawi Children 5k

Saturday, April 21, 9:00am. Binghamton University, just past east gym, behind east tennis courts. Contact Nancy Baudendistel, Nancy.baudendistel@gmail.com, 607-624-6868.

Deposit Chamber of Commerce Trout Run 5K

Saturday April 28. Sanford Town Garage, Front Street, Deposit, NY. Race Day Registration 9:00 am to 9:45 am. Race begins at 10:00 am. Contact: Bill Morley, almorley@echoes.net, 607-217-9130

Superhero 5K

Saturday, April 28, 10:00AM. Athens High School, Athens, PA. Sponsored by Children's House Child Advocacy Center. The Superhero 5K is in honor of Child Abuse Prevention Month. Race timing by Falcon Race Timing. Contact: Jamie Holliday, jholliday@chcac.org or 570-265-4132 or website, www.chcac.org.

10th Annual Cherry Blossom 5K Race for ALS and 1.5M Walk for Hope

Sunday, April 29. 10:15 AM (run), 11:30 AM (walk). Start/Finish: 852 Ashmore Ave, Schenectady, NY 12309, Congregation Gates of Heaven.

Pink Elk 5K Run/Walk

Sunday, April 29, Vestal Elks Lodge 2508, 2071 Vestal Parkway West, Vestal, NY. Registration from 8:45 AM. Race starts at 10 AM. USATF certified 5K [NY14026JG](#). Contact [Jake Brown](#).

Forks in the Forest 5K Cross Country Run

Sunday, April 29, Chenango Valley State Park, Pine Plains Pavilion. Start Time 2 PM. The Forks in the Forest 5K is a cross country race contested at beautiful Chenango Valley State Park. This race is predominantly flat and runs on either trails, grass and paved or gravel service roads. The course has been wheel measured and GPS confirmed. Proceeds to benefit the Chenango Forks Dollars for Scholars Scholarship fund. Contact: Larry Brooks at larrybrook@aol.com

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Ann's 5K & Fun Run

Saturday, May 5. Otsiningo Park, Binghamton, NY. 5K run at 10:00 with kids fun run to follow. This is a Team Hope event with the Huntington's Disease Society of America. Registration begins at 9 am. Contact: [Sally Forbidussi](#).

Greater Binghamton Bridge Run Half-Marathon and 5K

Sunday, May 6. Start and finish at NYSEG Stadium, 211 Henry St., Binghamton, NY. USATF certified half marathon and 5K courses. Individual or 2 person team option for HM.

7th Annual Run for Your Heart 5K

~~Canceled. Wednesday, May 9, 6:00 PM start. Vestal Coal House, Vestal, NY.~~

34th Annual Guthrie Gallop 5K and 10K

Saturday, May 12. 10K and 5K run/walk. Check in at Sayre Theater, 205 South Elmer Avenue, Sayre, PA.

3rd Annual Mother's Day Tutu Run

Saturday, May 12, 11:00 AM start. Vestal Coal House, Vestal, NY. 2.2 mile run. Proceeds benefit Mom's House. Open to men and women. Official results, overall and age group awards. Spa gift cards for best tutus (tutus optional, but encouraged). Enter as a team or individual. The Zoomobile will be on-site and there will be live music, refreshments, and a free kids run.

Penn Yan Airport Runway 5K

Sunday, May 13, 9:00am. Penn Yan Airport, 2262 Airport Drive, Penn Yan, NY 14527. The 5K race will start and finish on the Penn Yan Airport runway using USATF Certified Course #NY17110KL.

Margarita Masquerade Run

Friday, May 18, 6:00pm, Endwell Greens, Endwell, NY. 5K Run/Walk thru Endwell Greens Golf Course. Masquerade party with live music and margaritas to follow. Chip timed with team and individual awards. Prizes for best masquerade costumes. Organized by Vestal Coal House and Endwell Greens.

Windsor Strong 5K

Saturday May 19, Village of Windsor, NY. Start 10:00 AM. Contact: kangelo@windsor-csd.org, Kristy Angelo-Symons.

Third Annual Ryan's Superhero Run

Saturday, May 19, Hickories Park, Owego, NY. Registration from 8:30, 5K run begins at 9:30, 1K at 10:30. All funds raised to support [Kali's Klubhouse at Fagnoli Farms](#), a local 501c3 supporting children with special needs, youth at risk and seniors in Tioga and Broome Counties using Equine Assisted Therapies.

Run for Life 5K Run/Walk

Saturday, May 19, Montrose, PA. Kids Fun Run 1/2 mile: 9:30am, 5k Walk/Run: 10:00am. Contact: [Jennifer Weller](#).

Nescopeck Summer Biathlon

Saturday, May 19, 9:30 AM, Nescopeck Hunting and Rifle Club, Pine St., Nescopeck, PA, 18635. Running and rifle marksmanship, 5km with two shooting stops. Beginners welcome, all equipment and instruction provided. \$20. Contact Frank Gaval 570-788-4219 or email barb123@ptd.net.

SV Scholarship Foundation Run

Sunday, May 20, 10:00 AM start. Susquehanna Valley High School, Conklin, NY. 5K out and back from SVHS. To benefit Susquehanna Valley High School Dollars for Scholars fund.

Sky Lake 5K Trail Run/Walk

Sunday, May 20, 3:30 PM. Sky Lake Camp and Retreat Center, Windsor, NY. Contact: [Matt](#), 607.467.2750

Rotary END POLIO NOW Walk/Run

Sunday, May 20. Start time 8:00 AM. SUNY Oneonta Campus. 5 k and 1 mile (both races are 2 laps).

Run Like the Wind 5K/10K

Sunday, May 20, Liberty Square, Ellenville, NY. Certified 5K Run/Walk at 9:30am, certified 10K Run at 9:45, Kids Races at 12pm.

2nd Annual Tie Dye 5K

Saturday, May 26, 11:00am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG.

Herald of Victory Marathon, Half Marathon, and 3-Person Relay

Sunday, May 27, 8 AM. NYSEG Stadium, 211 Henry St., Binghamton, NY. Registration is now open. /dd>

June

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Back to Prom Run for VINES

Saturday, June 2, 6:00pm. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Take a trip back to prom. Timed 5K with official results and awards. Run with a "prom date" or as individual. Open to all ages. Post-race prom party with DJ, prizes for best prom outfits, and fun team awards. Proceeds benefit VINES.

Annual Delhi Covered Bridge Run

Saturday, June 2, Courthouse Square, Delhi, NY. 10K run, 5K run, and 5K walk in the town of Delhi. Register before May 1st and get a free long-sleeved event t-shirt.

Beers and Beasts 8K

Sunday, June 3. Downtown Binghamton, NY. 2nd annual Beers and Beasts event. 8 K (4.97 mile) race (runners only) starts at 9 AM. In addition to the 8K there will be the Hound Dog Dash (runners and their beasts) and the Ankle-Biters Kids Fun Run. After the race, join us on Water Street for post-race festivities.

3rd Annual Starbucks K9s & Coffee 5K Run

Saturday, June 9, 11:00 am. Start/finish at the Vestal Coal House. USATF certified 5k [NY14087JG](#) and 1 mile dog walk. Proceeds benefit the Humane Society. Human and dog awards. Starbucks Coffee and live music to follow.

Northeast Kidney Foundation Walk/Run

Sunday, June 10. Cass Park, 701 Taughanock Blvd, Ithaca, NY 14850. Registration 9am. Walk/Run 10am. Contact: Jeremy Halloran at info@healthykidneys.org.

Owego Strawberry Shake 5K Run/Walk

Friday, June 15. Start/finish: Tioga County Office Building property, Academy St. and 56 Main Street, Owego, NY.

Finish Lyme 5K

Friday, June 15, 7:00 pm. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Proceeds benefit the Finish Lyme 5K Scholarship which will be awarded to individual(s) affected with Lyme Disease. This will be a chip timed 5K with overall and age group awards. A special photo booth will be set up with fun props. A beautifully designed race shirt is included in entry as well as a lime green glow stick. Support Lyme by wearing lime. Post race live music, awards, and refreshments.

48th Annual Vestal XX 20 K Road Race

Saturday, June 16, 8:00 AM, Vestal, NY. The Vestal XX is the oldest race in the Binghamton area. Race day registration and packet pick-up at the Vestal Center, 201 Main St, from 7:00 AM.

Father's Day Tacky Tie 5K

Sunday, June 17, 10:00am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Proceeds benefit the United Way. Official results with special award categories such as Father/Son, Father/Daughter, Husband/Wife. Prizes for tackiest ties. Live music by the Beatles Band to follow.

3rd Annual Warrior Women Crush Cancer 5K

Saturday, June 23, 9:00 am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Proceeds benefit American Cancer Society. Official results and awards for overall and age group winners. Live music and refreshments to follow.

5K Run for the Scholars

Saturday, June 23, 9:00 AM. Main St., Village Green, Marathon, NY. In front of the Marathon High School. USATF Certification [NY07044JG](#). Contact: Todd James, 607-279-5931.

Race with a View 3

Sunday June 24, Mt. Pisgah County Park, Troy, PA. This is a clearly marked 5k course through the woods and paths of gorgeous Mt. Pisgah County Park.

TCRC Wednesday Night Track Meets

Wednesday, June 27, Maine-Endwell High School, 750 Farm to Market Rd, Endwell, NY 13760. Meets continue weekly on Wednesdays (except July 4) through August 15 (August 22 a make-up date). Regular events are: one mile, 800 meters, 400 meters,

and two mile on the track. All ages and all abilities are welcome. Registration starts at 5:30, and the events start promptly at 6:00. Participation is free for all TCRC members; all non-members are welcome and will just need to sign a waiver and pay a \$5 fee for the season (or join the TCRC).

The Rumble Run

Friday, June 29, 6:00pm. NYSEG Stadium, Binghamton, NY. 5K run at NYSEG Stadium and perimeter. Organized by Binghamton Rumble Ponies and Vestal Coal House. Race finishes at home plate. Entry fee includes shirt, ticket to Rumble Ponies Home Game, and admission to after-party on the deck. Beer vendors and live music by the Beatles Band. Chip timed with awards for overall and age group winners.

Broome County Parks Triathlon

Saturday, June 30, 9:00 AM. Dorchester Park, Whitney Point, NY. Competitions for individuals (Triathlon, Aqua Bike, or Duathlon) or 3-person teams (Triathlon only). Youth triathlon at 12:00. Contact [Grace Tabeek](#).

July

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16th Annual SMVFD Fighting Fires 5K

Sunday, July 1. Walk 8:30, run 9:00 AM. Smallwood-Mongaup Valley Fire Department, Smallwood, NY. Contact: [Matt Burns](#), 845-807-8209.

Visions Federal Credit Union 4 on the 4th – The Inaugural Race

Wednesday, July 4, 8:40 a.m. Start/Finish at Visions FCU Main HQ, Endwell, NY. This is a new race that highlights a 4 mile course through Endwell, followed by a Post-Race Extravaganza sponsored by Visions Federal Credit Union. 4 on the 4th is the 4th race in the 2018 Empire Road Race Series. Our Race Expo on July 3rd will offer a chance for early SWAG and packet pickup. Official results and age group awards will be provided. Other promotions and giveaways will be announced soon (see registration web site). Visions FCU Members receive a \$5 discount; email for discount code to: Brittany at 4onthe4th.raceinfo@gmail.com.

Montrose Independence Day Races

Wednesday, July 4. Montrose, PA. 5K and 10K and Fun Run. Start times: Fun Run - 7:45AM, 5K - 8:10AM, 10K - 8:20AM. Races kick off a day filled with patriotic fun, including a parade, food, crafts and other activities.

Red, White & Blue 5K

Wednesday, July 4th, Branchport Methodist Church, Guyanoga Road, Branchport, NY. The race begins and ends at the Branchport Methodist Church near the 4 corners of town. Race day registration from 7 AM, 5K run/walk at 8 AM. Free 1 mile kids race.

11th Annual Parlor City 5K

Saturday, July 7, 9:00 AM. Binghamton, NY. Registration from 7:30 AM. USATF certified 5K, NY14059JG. Part of the 56th Annual July Fest Binghamton, the race is organized by the Downtown Binghamton Business Association with support from the City of Binghamton and local sponsors. The race will start on the eastern side of the Court Street Bridge and circuit the historic West Side of Binghamton with a slight downhill finish back at the annual downtown music and arts festival. A Kid's Run across the Court Street Bridge will take place following the 5K. A portion of proceeds will benefit the Magic Paintbrush Project.

Sunfish Shuffle

Saturday, July 7, Sunfish Pond County Park, 1193 Sunfish Pond Road, Canton, PA. Registration from 8:30am. Race starts at 10am. This is a lap race lasting a total of 3-hours. The participant who runs the most loops in 3 hours will be the winner. Each lap is 1.0 miles.

3rd Annual Stars and Stripes 5K Run/Walk

Sunday, July 8 (rescheduled from July 1), 10:00 AM. Start/finish at the Vestal Coal House, Vestal, NY. USATF certified 5k NY14087JG. \$5 entry fee. Official results & awards for overall and age group winners. Prizes for most patriotic costumes. Free kids run to follow

TCRC Wednesday Night Track Meets

Wednesday, July 11, Maine-Endwell High School, Endwell, NY. Registration starts at 5:30, and the events start promptly at 6:00. Regular events are: one mile, 800 meters, 400 meters, and two mile on the track. All ages and all abilities are welcome. If you have run in a previous meet, please remember to bring your bib number.

6th Annual Rail Trail Relay

Friday, July 13, 6:00 PM, Vestal Coal House, Vestal, NY. 2-person relay race starting and ending at the Vestal Coal House. Each runner runs 2 miles. Flat out and back course. A dozen fun award categories such as Husband/Wife, Best Friends Forever, Family etc. Post-race live music and refreshments.

Nescopeck Summer Biathlon

Saturday, July 14, 9:30 AM, Nescopeck Hunting and Rifle Club, Pine St., Nescopeck, PA, 18635. Running and rifle marksmanship, 5km with two shooting stops. Beginners welcome, all equipment and instruction provided. \$20. Contact Frank Gaval 570-788-4219 or email barb123@ptd.net.

2nd Annual Think Pink Rack Race

Saturday, July 14, 9:00am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Run/Walk. Benefits American Cancer Society, making strides against breast cancer. Presented by Team PetalsHope. Show your support – wear pink. Live music, official results, and awards.

2018 Color Fun 5k Run/Walk

Saturday, July 14. Railroad St, Whitney Point, NY. The Color Fun 5k is a fundraiser for the WP Friendship Tree's annual Backpack Program. Check In starts at 8:00am. The Run starts promptly at 9:00 am. Color Powder will be sprayed at the beginning of each lap, with a different color each time around! Bring a t shirt that will allow the colors to show!

TCRC Wednesday Night Track Meets

Wednesday, July 18, Maine-Endwell High School, Endwell, NY. Registration starts at 5:30, and the events start promptly at 6:00. Regular events are: one mile, 800 meters, 400 meters, and two mile on the track. All ages and all abilities are welcome. If you have run in a previous meet, please remember to bring your bib number.

3rd Annual Neon Night Run

Friday, July 20, 9:15 PM. Start/finish at the Vestal Coal House. Run/Walk on USATF certified 5k NY14087JG. Glow run to benefit Life Choices Center. Prizes for best glow costumes and medals for overall and age group winners. Neon Night Run shirts and glow packs available for pre-registrants. Live band on the course and at finish. Afterglow party with Odd Man Out. Also, juggler extraordinaire, balloon twisters, vendors, caricature artist, pizza, and more.

5th Annual Susquehanna Hometown Days 5K

Saturday, July 21, 9:00 AM start. \$200 to top male finisher and \$200 to top female finisher. Susquehanna Community School Parking Lot, 3192 Turnpike St., Susquehanna PA.

Deposit Lumberjack Festival 5K Run

Saturday, July 21, 10:00 AM. Fireman's Field, 81 Dublin Street, Deposit, NY. [Map](#).

3rd Annual Bandera Family Christmas in July 5K

Saturday, July 28, 9:00am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Proceeds benefit Bandera Family Free Christmas Dinner, serving free Christmas dinners to the community for 29 years. Post-race Christmas carolers, Santa on-site, cookies, hot chocolate. Official results and awards for overall and age group winners

2nd Annual Wrestlers Challenge 5K

Saturday, July 28, 9:00am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Run/Walk. Proceeds benefit the Deposit Hancock Wrestling Club. Official results. Awards for overall and age group winners. Special awards for fastest wrestling teams. Open to everyone. Wrestling Clubs from all over encouraged to join. To be run in conjunction with Christmas in July 5K at Coal House.

August

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TCRC Wednesday Night Track Meets

Wednesday, August 1, Maine-Endwell High School, Endwell, NY. Registration starts at 5:30, and the events start promptly at 6:00. Regular events are: one mile, 800 meters, 400 meters, and two mile on the track. All ages and all abilities are welcome. If you have run in a previous meet, please remember to bring your bib number.

Kelly LaBare 5K Run/Walk

Sunday, August 5, 9:35 AM. Otsiningo Park, Binghamton, NY. The run will be in conjunction with the Spiedie Fest Balloon Rally. There is a \$2 discount for TCRC members. USATF certified 5k [NY16060JG](#).

1st Annual Trinity Run 5-k Run/Walk

Sunday, August 5, St. Lawrence Church, 380 Franklin Street, Great Bend, PA 18821. Registration from 7:30 AM; race begins at 9:30. Contact: Jackie Gow at jmgow@hotmail.com with any questions.

TCRC Wednesday Night Track Meets

Wednesday, August 8, Maine-Endwell High School, Endwell, NY. Events tonight start at 5:45, with registration beforehand. For this meet only, we will have a 1 mile followed by a 400 meter run, starting at 5:45. The feature event, a 5,000 meter on the track, will start at 6:00 PM. All ages and all abilities are welcome. If you have run in a previous meet, please remember to bring your bib number.

Tromp Town Runs Half Marathon and 5K

Thursday, August 9. DeRuyter School, DeRuyter, NY. Start at 5:45 PM. Held in conjunction with the Tioughnioga Firemen's Fair.

Meals on Wheels 5K

Saturday, August 11, 9:00 AM. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Benefits Meals on Wheels of Western Broome. Awards, live music, and refreshments. Option to participate in 2 mile or 1 mile walk.

Sunset Runway 5K

Saturday, August 11. 6 PM. Greater Binghamton Airport – Hangar II, 2534 Airport Road, Johnson City, NY. Check-in begins at 6:00. Race begins at 7:30pm and takes place on the airport runways. \$20 registration fee includes: a commemorative t-shirt, race timing, music, and beer.

TCRC Wednesday Night Track Meets

Wednesday, August 15, Maine-Endwell High School, Endwell, NY. Registration starts at 5:30, and the events start promptly at 6:00. Regular events are: one mile, 800 meters, 400 meters, and two mile on the track. All ages and all abilities are welcome. If you have run in a previous meet, please remember to bring your bib number.

Triple Cities Runners Club Presents 34th Annual RRCA Women's Distance Festival and Kids' Run

Thursday, August 16, 6:00 PM, Otsiningo Park, Binghamton. Certified 5K course inside the park. Course Map: [NY13006JG](#). This race is a fundraiser for Mom's House. TCRC members get \$2 discount. Contact: [Race Director](#), Courtney Varano.

Emerging Leaders Society 5K

Friday, August 24, 6:00pm. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Proceeds benefit the United Way Emerging Leaders Society. Official results and age group awards. Post-race networking mixer to follow.

2nd Annual Empire Road Race Series 10K and 2-Person Relay at PorchFest

Sunday, August 26. Start at 8:40 AM. 65 Rotary Ave [Race Headquarter], Binghamton, NY. The second annual Empire Road Race Series 10K will kick-off the Binghamton PorchFest Music Festival, held on the Westside of Binghamton. This year we are adding a 2-Person Relay. This race offers an interesting course and great post-race party, with live music, at Abel's Pub, 65 Rotary Ave., Binghamton. Contact: [Thomas Ryan](#) with questions or if you would like to volunteer.

September

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Salt Springs Field, Forest, and Falls Trail Race

Saturday, September 1, Salt Springs Park, Franklin Township, PA. 10K starts at 8:30 a.m. 5K starts at 9 a.m.

11th Annual Labor Day 5K

Monday, September 3. Race starts at 9:00 AM at the Greene Lion's Club Park, located off Washington St. in Greene, NY. USATF certified NY17031JG. Chip timing. Registration by mail or on race day from 7:45 - 8:45 a.m. at the pavilion. After the race there will be a day long end of summer family oriented celebration at the Greene Ball Flats – rides, food, fireworks, and entertainment. Discounted registration fee for teams. Contact: Steve Page at spage@stny.rr.com.

Seniors Running and Walking Festival

Saturday, September 8. Coal House, Vestal Rail Trail. Must be 55 years or older to participate. Race events include certified 5K (NY14087JG) and 1 mile (NY15056JG).

52nd Annual Camptown Races

Saturday, September 8. Camptown Ball Fields, Camptown, PA. The race is approximately 10K in length and offers both road and trail. 10 AM start.

I Run For ... Half Marathon, Marathon and 5K

Sunday, September 9, Town of Maine Park (behind Maine Memorial Elementary School), Route 26, Maine, NY. Marathon begins at 7 AM; the half marathon and 5K start at 8 AM. The half marathon uses USATF-certified course NY14112JG, and the marathon is a Boston qualifier (NY15072JG). Both races offer beautiful scenery and a peaceful vibe. Net proceeds from this event benefit cancer research. Contact: [Anne Seepersaud](#).

D & H Distance Run Half-Marathon and 5K

Sunday, September 9. D & H Rail-Trail Trailhead, Rte 247, Forest City, PA (Susquehanna Co, PA).

Leftovers Fun Run

Friday, September 14, 6:30 PM. 17 Lake Street, The Farmhouse Brewery, Owego, NY. Join the TCRC, STRC and The Farmhouse Brewery for The Leftovers Fun Run- an event sure to bring a smile to your face and more race swag in your dresser.

XC Warrior Challenge 4K Cross Country Race

Saturday, September 15, 9:00 am start. Chenango Valley High School Campus Cross Country Course, (near Warrior Stadium), 221 Chenango Bridge Road, Binghamton, NY 13901. Featuring a challenging cross country course on beautiful wooded trails, with hills and long grassy stretches. The race is run in conjunction with the 51st McDaniel-Baxter scholastic cross country invitational. Contact: Sarah Thompson, cvathleticclub@gmail.com

Glitter and Glitz Run

Saturday, September 15, 9:00am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Get sprinkled in glitter – there will be a few glitter stations along the trail. Participants receive Glitter shirts. Medals for overall and age group awards. Fall Festivus Party to follow race from 10:00am – 2:00pm includes live music, zoomobile, juggler, games, and family fun.

North Branch Triathlon

Saturday, September 15. Starts and ends at Wyalusing Valley High School, 11450 Wyalusing New Albany Road, Wyalusing PA.

Course: 3.6 Mile Run; 4.6 Mile Paddle down the Susquehanna River; 15.3 Mile Bike Ride. Sponsored by the Greater Wyalusing Chamber of Commerce.

Wings of Hope 4 Mile Walk

Saturday, September 15. Dorchester Park, South Pavilion, Whitney Point, NY. Race day registration begins at 11 AM, walk begins at 12:00 noon, followed by a butterfly release at the Remembrance Garden. Proceeds to benefit the Mental Health Association of the Southern Tier, supporting mental health, suicide and addiction awareness. Contact: Jody Pangburn (607-222-8262) or Susan Wheeler (607-765-7827).

LOVE's 5K Fun Walk/Run

Saturday, September 22, Vestal Coal House, Vestal, NY. Registration starts at 8:00 am and the race starts at 9 am. To benefit Children's Miracle Network.

StacheStrong 5K

Saturday, September 22, 4:00pm. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Proceeds benefit StacheStrong, a non-profit to raise money and awareness for Brain Cancer research.. Timed event with prizes for top finishers. Prizes for best 'staches. Post-race music and refreshments. Contact: Colin Gerner: StacheStrong@gmail.com

3rd Annual Endwell Fire Five Alarm 5K Run/Walk

Saturday, September 22. Endwell Fire Station 1, 3508 Country Club Rd., Endwell NY. 10:30 AM start. In partnership with the Mercy House of the Southern Tier. Contact: endwellfire5k@gmail.com, Cheryl Grafton.

1st Annual Kopernik 5K Road Race to the Stars

Saturday, September 22. Start and finish at Kopernik Observatory and Science Center, 698 Underwood Road, Vestal, NY. Registration from 4:30 PM; race starts at 5:30 PM. The 5K will be USATF certified. Children's activities from 5-7 PM. Post-race party with DJ. If clear, the telescopes will open for viewing of Jupiter, Saturn, Mars and the moon. Contact: racetothestars@kopernik.org.

USA 40km Race Walk Championship

Sunday, September 30, Marvin Park, Owego, NY. 7 AM start. Other events 5k, 10k, 15k, 20k, 25k, 30k, 40k, 50k Race Walks. Contact: dwtalcott@gmail.com, Dave Talcott.

Whiskey 4 Miler

Sunday, September 30, 2:00pm. Waterman's Distillery, Apalachin NY. 4 Mile. Chip timed with awards for overall and age group winners. Entry fee includes shirt and whiskey drink. Post-race after party with Ridgeline Duo (2-5pm), Barbeque, Jukebox Donuts, and specialty whiskey drinks. Contact: Andy at 607-221-3727

October

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35th Annual Seton Catholic Central Octoberfest 5K and 10K

Saturday, October 6. Highland Park, Endwell, NY. Certified 5K and 10K; both are Grand Prix races. 5K run and 5K race walk at 9:00 AM, 10K run at 9:45 AM. Entry fee \$15, pre-race and race day. Add \$12.00 for shirt. You can run both races for one fee. Preregistration/shirt deadline is September 28. Contact: [Tom Carter](mailto:TomCarter@seton.org), 607-349-3536.

Sheshequin Path Half Marathon

Saturday, October 6, Sayre, PA.

Wilson Children's Center 3rd Annual Oktoberfest 5K

Sunday, October 7, Deposit, NY. Contact: Tosha Williams or Patty Pettersen, 607-467-5437. Mailing address: 61 Front St, Deposit, NY 13754

7th Annual Apalachin Lions 5K Run

Saturday, October 13, 10 AM start. Registration from 8:45am. Apalachin Fireman Field Grounds, Field Day Drive, Apalachin, NY 13732. USAT&F Certified 5K [NY12128JG](#). Contact [Jake Brown](#).

2nd Annual Boys and Girls Club Pumpkin Run 5K

Saturday, October 13, 10:00 AM. Start/finish at the Vestal Coal House. Run or walk on USATF certified 5k NY14087JG. Proceeds benefit Boys and Girls Club of Western Broome. Official results. Pumpkins and medals to overall and age group winners. Pumpkin costume contest and pumpkin decorating contest. Live music, cider and doughnuts, free kids run to follow.

CVMS Homecoming 5k

Saturday, October 13, Big Flats, NY. Registration and packet pick-up begins at 8:00 AM in the Chemung Valley Montessori School parking lot at 23 Winters Road. Fun run starts at 9:00 AM at the beginnings of Rails to Trails in Big Flats. 5K starts at 10:00 AM at CVMS,

Coughlin & Gerhart Race for Justice 5K Run/Walk for Legal Aid

Sunday, October 14. Court Street Bridge-Peacemaker Stage, Binghamton, NY. Race starts at 11 am (same day registration begins at 10 am). USTAF certified NY11034JG, chip timed. Age group and team awards for runners and walkers. Music, refreshments

and after-party at Galaxy Brewing Co. Proceeds to benefit Legal Aid Society of Mid-NY, Inc. Contact: [Arlene Sanders](#).

5th Annual Firefighter 5K

Sunday, October 14, 11:00 AM. Start/finish at the Vestal Coal House. Run/Walk on USATF certified 5k NY14087JG. Proceeds benefit Vestal Fire Company #1. Overall/Age group awards and prizes for fastest Fire Department and Fire Department with most participants. Post-race award ceremony, food, and music at Vestal Fire Station.

Hannah's Heart & Soles 5K

Saturday, October 20, 11:00am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Benefits Hannah E Meyn Nursing Scholarship for aspiring SUNY Broome Nurses. Post-race refreshments, awards, and 50/50 raffle.

19th Annual St. James 5K Run and 2.5K Walk

Sunday, October 21. 2:00 PM. St. James Church, 147 Main St, Johnson City, NY. Start/finish at St. James. Contact [Kevin Pasterchik](#).

Tim Tebow 5K Walk/Run for Children's Cancer

Sunday, October 21, 2pm. Sidney Junior/Senior High School, 95 West Main Street, Sidney, NY 13838. All proceeds will be donated to the Tim Tebow Foundation which exist to bring Faith, Hope and Love to children needing a brighter day in their darkest hour of need. Contact: [Jon Yurka](#)

7th Annual Halloween 13k and 2 person Relay

Saturday, October 27. Endicott, NY. 13k and Relay begin at 9:30 AM. Halloween themed 13km race with a 2 person relay option (each person runs approximately 4 miles).

4th Annual Village to Village Care 5K

Saturday, October 27, 9:00 AM. Vestal Coal House. USATF certified 5k NY14087JG. Run/Walk. Net proceeds benefit Village to Village Care, a nonprofit organization that empowers leaders of villages in developing countries to build and operate a health clinic. Post-race live music, dancing, and awards.

Lourdes Has Heart 5K & 1 Mile Run/Walk

Saturday, October 27, 2:00pm. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Benefits American Heart Association. Halloween costumes encouraged, prizes for best. Overall and age group awards.

5th Annual Heroes and Villains 5K

Sunday, October 28, 11:00 AM. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Official results and awards for overall and age group winners. Dress up as a superhero or villain. Prizes for best costumes. Live music and refreshments to recharge superpowers.

November

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David P. Wallan Memorial 5K

Saturday, November 3, 11:00 am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Race in memory of West Endicott Fire Dept. Captain David P. Wallan. Proceeds benefit the David P. Wallan Firefighter Scholarship. Runners, walkers, and all fire fighters welcome. Post-race music and refreshments.

Guthrie Couch to 5K

Sunday, November 4, 11:00 am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. The \$10 entry fee includes participation in a 5K Walking and Wellness Program that meets every Tuesday from 9/18 thru 10/30, 5:30pm to 6:45pm at the Vestal Coal House. See the links for more details.

5th Annual Veteran Appreciation 5K

Saturday, November 10, 11:00 am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Proceeds benefit Southern Tier Veterans Support Group. Brief pre-race ceremony to honor Veterans. Free kids run, refreshments, and live music post-race. Medals for overall winners, age group winners, and top Veterans.

WBNG No Shave November 5K

Saturday, November 10, 10:00am, Highland Park, Endwell, NY. Chip timed with awards. Race benefits Cure the Blue, fighting prostate cancer.

Synergy Pump 'N Run 5K

Sunday, November 11, 11:00am. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Proceeds benefit M-EALS (Maine-Endwell Assisting Local Spartans), a district food program for families facing tough economic times. Participants will have an opportunity to reduce their 5K race time with a bench press or wall ball pass at packet pick-up (details below). Overall and age group awards and refreshments.

TC Secret Superheroes 5K

Sunday, November 11, 2:00pm. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Proceeds benefit TC Secret Superheroes: delivering bags of toys for ill children on Christmas at Upstate Golisano Children's Hospital in Syracuse.

Superhero costumes encouraged, prizes for best. Officially timed with overall and age group awards. There will be a bin for donations of toys, clothes, blankets etc. for the Children's hospital.

Pete Keyes Turkey Trot 5 Mile

Thursday, November 22, 9:30 AM. Otsiningo Park. USATF certified 5 mile [NY14072JG](#) inside the park. This is a fund-raiser for the 2019 TCRC scholarships to high school seniors (see [TCRC Scholarship Information](#)).

Run for the Diamonds

Thursday, November 22. 9 miles. Berwick, PA. USATF certified 9 miles (PA92023RE, expired). Contact: 570-759-1300.

December

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5th Annual Subway Eat Fresh Stay Fit 5K

Saturday, December 1, 12:00 PM. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Entry Fee includes shirt and Subway lunch. Live music, official results, and awards.

Jingle Bell 5K Run/Walk

Saturday December 1, Montrose PA. Held in conjunction with the community's Christmas in Montrose weekend.

Binghamton Santa Run 5K

Sunday, December 9. 11 AM start. Race day registration and check-in at DoubleTree by Hilton, 225 Water Street, Binghamton, NY from 9 AM.

5th Annual Christmas Cookie Run

Saturday, December 15, 11:00 AM. Start/finish at the Vestal Coal House. USATF certified 5k NY14087JG. Post-race homemade cookies and hot/cold drinks. Prizes for best Christmas Costumes. Christmas carolers and juggler on-site. Awards for overall and age group winners.

YMCA Resolution Run

Monday, December 31. Start/finish at the Vestal Coal House. Run or walk on USATF certified 5k NY14087JG. Proceeds benefit YMCA of Broome County. Entry Fee includes lunch ticket and race shirt. Kids run to follow.