



# INSIDE TRACK RUNNING CLUB RACES 2022

MONTH	ITRC	LOCAL	NATIONAL	MAJORS
JAN	1/1 Cross run/ Polar Plunge 1/15 Not Boney Mtn Run			
FEB	2/13 Super Bowl Run	2/5 Nun Run 2/13 Boney Mtn 2/27 Ventura 5k/half/full		
MAR	3/17 St. Patricks Day run - hills		3/20 LA Marathon	3/6 Tokyo
APRIL	4/2 Tough Enough	4/2 Tough Enough 4/2 Great Race 5/10/half 4/16 Point Magu trail 10k/17k	4/22 Big Sur	4/18 Boston
MAY	5/29 M2B half/full	5/7 SB Wine half 5/29 M2B half/full		
JUNE		6/5 Love Run - Westlake 6/18 Goleta Beach half	6/5 SD Rock n Roll	
JULY	7/4 Channel Islands 4th 5k/10k	7/4 Channel Islands 4th 5k/10k		
AUG		8/20 Bulldog Ultra		
SEPT	9/4 Kauai half/full	9/3 SB Pier to Peak half	9/4 Kauai half/full	9/25 Berlin
OCT		10/? Ojai classic 5k 10/22 Spacerock Trail 10/29 Atlas Trail series Harmon Canyon 10/29 Twilights Last Gleaming 5k	10/30 Marine Corp Marathon	
NOV	11/6 Salmon Run 5k 11/6 Santa Barbara half Thanksgiving Sulphur Mtn. run	11/6 Salmon Run 5k 11/6 Santa Barbara half 11/6 Malibu half 11/24 Turkey Trot 5/k	11/20 Philly half/full	11/6 NYC
DEC	12/11 Santa to the Sea 12/31 Not Boney Mtn. Run	12/3 No Name 15/25/50k 12/3 Ray Miller 30/50k 12/11 Santa to the Sea	12/5 CIM marathon	