

2014 RACE CALENDAR



Jan. 1	New Year's Day Predict Run	8k
Feb. 2	Penguin Pace	5k
Feb. 8	Mid MD Ultra 50k and Relay	50k
Feb. 23	Club Challenge	10mi
Apr. 6	Cherry Blossom 10 Miler	10mi
Apr. 13	Clyde's American 10k	10k
Apr. 27	Iron Girl Half Marathon	13.1mi
May 4	Frederick Running Festival	13.1mi/5k
May 10	Maryland Half Marathon	13.1mi
May 18	Columbia Triathlon	1.5/45/10k
May 26	Remembrance Run	5k
June 8	Eagleman Ironman 70.3	1.2/56/13.1
June 29	HCS Women's Distance Fest (Tentative)	5k
July 20	Kidz Triathlon	Varies by age
Aug. 18	Iron Girl Columbia Triathlon	.62/17.5/3.4m
Aug. 24	Annapolis 10 Miler	10mi
Aug. 30	Ellicott City Labor Day Classic	10k/5k
Sep. 7	Police Pace (Tentative)	5k
Sep. 20	Chesapeake Man Triathlon	2.4/112/26.2
Sep. 24	Metric Running Festival	26.2/5k
Oct. 12	Army 10 Miler	10mi
Oct. 18	Baltimore Running Festival	26.2mi/13.1/5k
Nov. 2	Run Through the Grapevine	8k
Nov. 22	Dazzle Dash (Symphony of Lights)	5k
Nov. 27	Turkey Trot Prediction Run	10k

Additional information for many of the above races can found at
www.striders.net or www.midmdtriclub.org

Dr. Russel V. Antico
Chiropractic Sports Practitioner
Dr. Veronica Antico
Chiropractic Practitioner
8894 Stanford Boulevard, Suite 102
Columbia, MD 21045
(443) 259-0235
www.hocochoiro.com



— HOWARD COUNTY —
CHIROPRACTIC
SPINE & SPORTS REHABILITATION

Howard County Chiropractic is a Proud sponsor of:



MID MARYLAND
TRIATHLON CLUB