

Races 8/22/2026 - 11/30/2026

8/22/26	Ninja 5K 10K Half (US Road Running Series)	Blount Park, Montgomery
8/22/26	Lead the Way 5K Fun Run (\$20)(Finisher medals first 50/Swag/Giveaways)	Fleet Feet Montgomery
8/29/26	Medal Madness 5K, 10K, and 13.1 (US Road Running Series)	Blount Park, Montgomery
9/5/26	Montgomery Whitewater Labor Day 5K	Montgomery Whitewater
9/7/26	R3 Popsicle Pushup Labor Day 8K and 2-Mile (free)	Old Train Station, Montgomery
9/19/26	St James Trojan Trot 5K	ASF Theater Montgomery
9/20/26	Conquer the Cave 5K (10-yr age groups, finishers medal & shirt)	Cathedral Caverns St Park, Woodville
9/26/36	Medal Madness 5K, 10K, and 13.1 (US Road Running Series)	Blount Park, Montgomery
9/26/26	Run with the Senses 5K 10K (for Special Ed)	Montgomery Whitewater
9/26/26	Thorsby Swedish Festival Viking Run 5K (unofficial timed race - no awards)	Thorsby
10/4/26	B'ham 26.2/13.1/10K/5K/Marathon Relay (benefitting Magic Moments)	Hoover
10/10/26	Pumpkin Run and Lots O Fun 5K	Montgomery
10/17/26	Every Road Leads to Healing 5k / 1 Mile	Spinner's Park Prattville
10/17/26	Nitty Gritty Costume 5K	Prattville Bradford Branch YMCA
10/18/26	Ozan Haunted Wine Run 5K	Calera
10/22/26	R3 Ghost Eliza Fun Run	Montgomery
10/24/26	Haunted 5K, 10K, & Half Marathon (US Road Running Series)	Blount Park, Montgomery
10/24/26	Monster Mash Dash 5K Glow Run/Walk	Andalusia
10/24/26	2026 Joy to Life 5K Walk (Foundation's 25th Anniv) (5pm start & drone show)	17 Springs in Millbrook
10/31/26	Medal Madness 5K, 10K, and 13.1 (US Road Running Series)	Blount Park, Montgomery
	R3 Hank Williams Fun Run	Montgomery
11/7/26	WYLD in the Woods 5K Trail Run	Millbrook Grandview Family YMCA
11/7/26	CASA Superhero 5K	Montgomery Whitewater
11/14/26	Centerpoint Half Marathon and 5K	Prattville
11/15/26	Battleship 12K (R3 popular travel event)	Mobile
11/28/26	Gobbler 5K, 10K and Half (US Road Running Series)	Montgomery
Nov	The Gobble Wobble 5K	Montgomery
	<u>Area Group Runs</u>	
Mondays @ 6pm	MGM Joggers and Lagers (no drop easy group run)	Common Bond Brewery, Montg
Wednesdays @5am	Fleet Feet 5-Milers (9-min mile pace)	Fleet Feet, Montgomery
Wednesdays @ 6pm	Leroy Pub Run (walkers start 5:55)	Leroy's Pub, Montgomery
1st Thursday Mnthly	R3 Pub Run (5K all paces)	River Region Area Pubs
Fridays @ 5am	Fridays @ Midtown 4-Miler (10-min mile pace)	Westminters Jim Massey, Mntgy
Saturdays @6am	Sunrise Social Club Long Slow Distance Run (all paces)	Hilltop Public House, Montgomery
Saturdays @7am	Sunrise Striders Walking Group	Hilltop Public House, Montgomery
Saturdays @7:30am	Wetumpka Run Club Saturday Run (all paces)	Ft Toulouse Publix, Wetumpa
Sundays @6am	Sunday Fun Runs at "Old" Fleet Feet (all paces)	Montgomery AL

Sundays @ 7am

Dunkn' Sunday Funday Runday (all paces)

Wetumpka Dunkn's Donuts

