



Dryden Run for the Pride

August 18, 2019

SITE:

**Tompkins Cortland Community College
170 North St.
Dryden, NY 13053**

Contact Ilene: imh6@cornell.edu

Drydenrunforthepride.com

Race Times: 5k.....8:30

Sponsoring Organizations:

All Three Races are sponsored by and support their local Cross Country Programs & Sports Boosters Clubs



Lansing Lighthouse

5k

August 24, 2019

SITE:

**Myers Park
1 Lansing Park Rd.
Lansing, NY 14882**

Contact Christine:
lhf.lighthouse5k@gmail.com

**http://
lansinglighthouse5k.weebly.com/**

Race Times: 1 Mile Fun Run....8:30
5K.....9:00

See Individual Websites for:

- ♦ Course Maps
- ♦ Entry Fees



Groton Labor Day 5K

September 2, 2019

SITE:

**Groton High School
400 Peru Rd.
Groton, NY 13073**

Contact Scott: sweeks@groton.cnyric.org

Grotonlaborday5k.com

Race Times: 1 Mile Fun Run...9:00
5k.....9:30

Awards:

*Top 3 Males
*top 3 Females
***The places will be scored using a cumulative time from all three races. There is no additional charge to be part of this series, but you must do all three 5Ks to be in the running for these awards.