**TAC/USA and USATF National Master LDR and Cross Country Championships**

**1979 9 Total = 3 XC + 6 Road**

03/18/79 AAU Master 30k Road Championships Albany, NY

05/28/79 AAU Master 20k Road Championships Washington, DC

07/15/79 AAU Master 15k Road Championships Utica, NY Boilermaker 15k

09/29/79 AAU Master 25k Road Championships Tulsa, OK

10/13/79 AAU Master Marathon Championships Buffalo, NY

10/28/79 AAU Master 15k XC Championships New York, NY Van Cortlandt Pk

11/11/79 AAU Master 10k XC Championships Belmont, CA

11/24/79 AAU Master 5k XC Championships San Diego, CA Balboa Pk

12/01/79 AAU Master 10k Road Championships Las Vegas, NV

**1980 10 Total = 3 XC + 7 Road**

01/27/80 TAC/USA Master Marathon Championships Saratoga, CA

03/02/80 TAC/USA Master 25k Road Championships Ventura, CA

03/23/80 TAC/USA Master 30k Road Championships Albany, NY

03/29/80 TAC/USA Master 15k Road Championships Seattle, WA

06/10/80 TAC/USA Master 5k Road Championships Dallas, TX

09/28/80 TAC/USA Master 20k Road Championships Washington, DC

10/18/80 TAC/USA Master 10k Road Championships Brooklyn, NY

11/09/80 TAC/USA Master 10k XC Championships Mercer Island, WA Luther Burbank Pk

11/23/80 TAC/USA Master 15k XC Championships New York, NY Van Cortlandt Pk

11/29/80 TAC/USA Master 5k XC Championships San Diego, CA Balboa Pk

**1981 9 Total = 3 XC + 6 Road**

03/22/81 TAC/USA Master 30k Road Championships Albany, NY

05/10/81 TAC/USA Master Marathon Championships Raleigh, NC

08/09/81 TAC/USA Master 20k Road Championships Lake George, NY

09/26/81 TAC/USA Master 10k Road Championships Kent, WA

10/04/81 TAC/USA Master 15k XC Championships New York, NY Van Cortlandt Pk

10/18/81 TAC/USA Master 5k Road Championships New Orleans, LA

11/03/81 TAC/USA Master 15k Road Championships Washington, DC

11/21/81 TAC/USA Master 10k XC Championships Houston, TX Buffalo Bayou Pk

11/28/81 TAC/USA Master 5k XC Championships San Diego, CA Balboa Pk

**1982 10 Total = 3 XC + 7 Road**

03/14/82 TAC/USA Master 20k Road Championships Kent, WA

04/25/82 TAC/USA Master 10k Road Championships New York, NY

06/06/82 TAC/USA Master Marathon Championships Forest Grove, OR

09/05/82 TAC/USA Master 5k Road Championships Denver, CO

09/19/82 TAC/USA Master 30k Road Championships Albany, NY

11/03/82 TAC/USA Master 15k Road Championships Washington, DC

11/14/82 TAC/USA Master 10k XC Championships State College, PA Penn State GC

11/26/82 TAC/USA Master 5k XC Championships Raleigh, NC Meredith College

11/27/82 TAC/USA Master 15k XC Championships San Diego, CA Balboa Pk

12/01/82 TAC/USA Master 5mi Road Championships Philadelphia, PA

**1983 11 Total = 3 XC + 8 Road**

03/27/83 TAC/USA Master Marathon Championships (Men) Seattle, WA

05/29/83 TAC/USA Master 20k Road Championships Washington, DC

06/05/83 TAC/USA Master Marathon Championships (Women) Los Angeles, CA

09/25/83 TAC/USA Master Half Marathon Championships Dayton, OH

10/02/83 TAC/USA Master 25k Road Championships New York, NY

10/09/83 TAC/USA Master 10k Road Championships Albany, NY

10/22/83 TAC/USA Master 5k Road Championships Little Rock, AR

10/30/83 TAC/USA Master 15k XC Championships State College, PA Penn State GC

11/13/83 TAC/USA Master 10k XC Championships New York, NY Van Cortlandt Pk

11/25/83 TAC/USA Master 5k XC Championships Raleigh, NC Meredith College

12/08/83 TAC/USA Master 30k Road Championships New York, NY

**1984 10 Total = 3 XC + 7 Road**

02/05/84 TAC/USA Master 5k Road Championships Clearwater, FL

03/25/84 TAC/USA Master 20k Road Championships Sacramento, CA

04/21/84 TAC/USA Master 10k Road Championships New York, NY

05/06/84 TAC/USA Master Marathon Championships Lincoln, NE

05/27/84 TAC/USA Master 25k Road Championships Washington, DC

07/08/84 TAC/USA Master 15k Road Championships Utica, NY Boilermaker 15k

09/30/84 TAC/USA Master Half Marathon Championships Dayton, OH

11/03/84 TAC/USA Master 15k XC Championships Houston, TX Buffalo Bayou Pk

11/17/84 TAC/USA Master 10k XC Championships Holmdel, NJ Holmdel Pk

11/24/84 TAC/USA Master 5k XC Championships Seattle, WA Lower Woodland Pk

**1985 12 Total = 3 XC + 9 Road**

02/03/85 TAC/USA Master 10k Road Championships Clearwater, FL

05/05/85 TAC/USA Master 15k Road Championships Edina, MN

05/05/85 TAC/USA Master 25k Road Championships Syracuse, NY

05/26/85 TAC/USA Master 20k Road Championships Washington, DC

09/22/85 TAC/USA Master Half Marathon Championships Dayton, OH

10/06/85 TAC/USA Master 5k Road Championships Little Rock, AR

10/13/85 TAC/USA Master 8k Road Championships Syracuse, NY

11/03/85 TAC/USA Master 10k XC Championships Syracuse, NY Green Lakes Pk

11/03/85 TAC/USA Master Marathon Championships Washington, DC

11/17/85 TAC/USA Master 15k XC Championships New York, NY Van Cortlandt Pk

11/29/85 TAC/USA Master 5k XC Championships Raleigh, NC Meredith College

12/07/85 TAC/USA Master 30k Road Championships Houston, TX

**1986 11 Total = 3 XC + 8 Road**

04/06/86 TAC/USA Master 30k Road Championships East Meadow, NY

06/07/86 TAC/USA Master 15k Road Championships St. Claire, OH

07/27/86 TAC/USA Master Marathon Championships Olympia, WA

09/14/86 TAC/USA Master Half Marathon Championships Philadelphia, PA

09/21/86 TAC/USA Master 25k Road Championships Joliet, IL

10/05/86 TAC/USA Master 20k Road Championships East Meadow, NY

10/26/86 TAC/USA Master 5k XC Championships New York, NY Van Cortlandt Pk

11/08/86 TAC/USA Master 10k Road Championships Asbury Park, NJ

11/16/86 TAC/USA Master 10k XC Championships Holmdel, NJ Holmdel Pk

11/23/86 TAC/USA Master 15k XC Championships New York, NY Van Cortlandt Pk

12/06/86 TAC/USA Master 8k Road Championships Clearwater, FL

**1987 12 Total = 3 XC + 9 Road**

01/10/87 TAC/USA Master Marathon Championships Pine Mountain, GA

03/07/87 TAC/USA Master 15k Road Championships San Diego, CA

03/14/87 TAC/USA Master 5k Road Championships Atlanta, GA

03/27/87 TAC/USA Master 20k Road Championships El Cajon, CA

04/05/87 TAC/USA Master 30k Road Championships East Meadow, NY

05/07/87 TAC/USA Master 25k Road Championships Grand Rapids, MI Old Kent River Bank Run

06/28/87 TAC/USA Master 1mi Road Championships Olympia, WA

09/19/87 TAC/USA Master 10k Road Championships Albany, NY

11/08/87 TAC/USA Master 10k XC Championships Seattle, WA Sunset Pk

11/14/87 TAC/USA Master Half Marathon Championships Oklahoma City, OK

11/22/87 TAC/USA Master 15k XC Championships East Meadow, NY East Meadow

11/28/87 TAC/USA Master 5k XC Championships New York, NY Van Cortlandt Pk

**1988 12 Total = 3 XC + 9 Road**

03/13/88 TAC/USA Master 15k Road Championships Tucson, AZ

03/27/88 TAC/USA Master 5k Road Championships Deland, FL

08/13/88 TAC/USA Master 10k Road Championships Asbury Park, NY

09/04/88 TAC/USA Master 20k Road Championships East Meadow, NY

09/11/88 TAC/USA Master 25k Road Championships Eugene, OR

11/13/88 TAC/USA Master 30k Road Championships Clarksburg, CA

11/20/88 TAC/USA Master 10k XC Championships Holmdel, NJ Holmdel Pk

11/25/88 TAC/USA Master 5k XC Championships Raleigh, NC Meredith College

11/27/88 TAC/USA Master 15k XC Championships Irvine, CA Regional Pk

12/03/88 TAC/USA Master 8k Road Championships Phoenix, AZ

12/04/88 TAC/USA Master Marathon Championships Sacramento, CA

12/10/88 TAC/USA Master Half Marathon Championships Orlando, FL

**1989 13 Total = 3 XC + 10 Road**

01/14/89 TAC/USA Master 8k Road Championships Naples, FL

04/09/89 TAC/USA Master 20k Road Championships Medford, OR

04/29/89 TAC/USA Master 5k Road Championships Anchorage, AK

05/21/89 TAC/USA Master 1mi Road Championships Ridgewood, NJ

06/17/89 TAC/USA Master 15k Road Championships St. Clairsville, OH

09/17/89 TAC/USA Master Half Marathon Championships Philadelphia, PA

09/24/89 TAC/USA Master 10k Road Championships Pittsburgh, PA

10/01/89 TAC/USA Master 25k Road Championships East Meadow, NY

10/08/89 TAC/USA Master Marathon Championships Minneapolis, MN

11/05/89 TAC/USA Master 5k XC Championships Columbus, OH Airport GC

11/12/89 TAC/USA Master 30k Road Championships Clarksburg, CA

11/19/89 TAC/USA Master 15k XC Championships New York, NY Van Cortlandt Pk

11/25/89 TAC/USA Master 10k XC Championships San Francisco, CA Golden Gate Pk

**1990 7 Total = 3 XC + 4 Road**

02/04/90 TAC/USA Master 5k Road Championships Deland, FL

05/26/90 TAC/USA Master 10k Road Championships Salt Lake City, UT

09/23/90 TAC/USA Master 15k Road Championships Edina, MN

10/06/90 TAC/USA Master Marathon Championships St. George, UT

10/07/90 TAC/USA Master 5k XC Championships Fayetteville, NY Green Lks. Pk

10/28/90 TAC/USA Master 10k XC Championships Pasco, WA Sun Willows GC

12/02/90 TAC/USA Master 8k XC Championships Steilacoom, WA Sawyer St Pk

**1991 9 Total = 3 XC + 6 Road**

02/03/91 TAC/USA Master 5k Road Championships Deland, FL

06/23/91 TAC/USA Master Half Marathon Championships Fairfield, CN

10/06/91 TAC/USA Master Marathon Championships Minneapolis, MN Twin Cities

10/26/91 TAC/USA Master 10k XC Championships Louisville, KY Sawyer St. Pk

11/02/91 TAC/USA Master 15k Road Championships Tulsa, OK

11/03/91 TAC/USA Master 5k XC Championships Columbus, OH Airport GC

11/17/91 TAC/USA Master 25k Road Championships San Diego, CA

11/30/91 TAC/USA Master 8k XC Championships Boston, MA Franklin Pk

12/08/91 TAC/USA Master 10k Road Championships New Orleans, LA

**1992 12 Total = 4 XC + 8 Road**

01/12/92 TAC/USA Master Half Marathon Championships DeLeon Springs, FL

03/21/92 TAC/USA Master 8k Road Championships Virginia Beach, VA

04/04/92 TAC/USA Master 5k Road Championships Omaha, NE

05/17/92 TAC/USA Master 10k Road Championships Kansas City, MO

08/22/92 TAC/USA Master 10mi Road Championships Flint, MI

09/07/92 TAC/USA Master 20k Road Championships New Haven, CN

10/04/92 TAC/USA Master Marathon Championships Minneapolis, MN Twin Cities

11/08/92 TAC/USA Master 5k XC Championships Columbus, OH Airport GC

11/14/92 TAC/USA Master 25k Road Championships San Diego, CA

11/21/92 TAC/USA Master 8k XC Championships Boston, MA Franklin Pk

11/29/92 TAC/USA Master 15k XC Championships New York, NY Van Cortlandt Pk

12/06/92 TAC/USA Master 10k XC Championships Louisville, KY Sawyer St Pk

**1993 11 Total = 3 XC + 8 Road**

02/06/93 USATF Master 5k XC Championships Sandy, OR Sandy HS

03/20/93 USATF Master 8k Road Championships Virginia Beach, VA

04/24/93 USATF Master 5k Road Championships (Men) Anchorage, AK

06/05/93 USATF Master 5k Road Championships (Women) Albany, NY Freihofer’s 5k

06/27/93 USATF Master Half Marathon Championships Fairfield, CN

09/25/93 USATF Master 10k Road Championships Oklahoma City, OK

10/03/93 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/31/93 USATF Master 10k XC Championships Louisville, KY Sawyer St. Pk

11/07/93 USATF Master 15k Road Championships Schenectady, NY Stockade-athon

11/20/93 USATF Master 25k Road Championships San Diego, CA

11/30/93 USATF Master 8k XC Championships Boston, MA Franklin Pk

**1994 8 Total = 3 XC + 5 Road**

06/24/94 USATF Master Half Marathon Championships Fairfield, CN

10/02/94 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/02/94 USATF Master 5k Road Championships Syracuse, NY Festival of Races

10/16/94 USATF Master 10k XC Championships Canandaigua, NY Finger Lakes CC

11/06/94 USATF Master 5k XC Championships Columbus, OH Airport GC

11/13/94 USATF Master 15k Road Championships Schenectady, NY Stockade-athon

11/20/93 TAC/USA Master 8k XC Championships Boston, MA Franklin Pk

12/04/94 USATF Master 10k Road Championships St. Louis, MO

**1995 7 Total = 3 XC + 4 Road**

02/04/95 USATF Master Half Marathon Championships Las Vegas, NV

03/19/95 USATF Master 8k Road Championships Chicago, IL

05/02/95 USATF Master 5k Road Championships Carlsbad, CA Carlsbad 5k

10/08/95 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/15/95 USATF Master 10k XC Championships Canandaigua, NY Finger Lakes CC

11/11/95 USATF Master 5k XC Championships Landan, OH Landan Pk

11/18/95 TAC/USA Master 8k XC Championships Boston, MA Franklin Pk

**1996 9 Total = 3 XC + 6 Road**

02/11/96 USATF Master Half Marathon Championships Las Vegas, NV

03/31/96 USATF Master 5k Road Championships Carlsbad, CA Carlsbad 5k

04/13/96 USATF Masters 10k Road Championships Plainview, NY

05/11/96 USATF Master 12k Road Championships Evansville, IN

10/06/96 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/13/96 USATF Master 10mi Road Championships Washington, DC

10/27/96 USATF Master 8k XC Championships Louisville, KY Sawyer St. Pk

11/03/96 USATF Master 5k XC Championships Columbus, OH Ohio School of Deaf

12/07/96 USATF Master 10k XC Championships Stanford, CA Stanford GC

**1997 9 Total = 1 XC + 8 Road**

01/12/97 USATF Master 1mi Road Championships Santee, CA

02/09/97 USATF Master Half Marathon Championships Las Vegas, NV

02/22/97 USATF Master 12k Road Championships Tomball, TX

03/23/97 USATF Master 8k Road Championships Chicago, IL

04/12/97 USATF Master 10k Road Championships Plainview, NY

04/13/97 USATF Master 5k Road Championships Carlsbad, CA Carlsbad 5k

09/01/97 USATF Master 8k XC Championships Pasco, WA Sun Willows GC

10/05/97 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/25/97 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

**1998 11 Total = 3 XC + 8 Road**

02/01/98 USATF Master 1mi Road Championships Santee, CA

03/22/98 USATF Master 8k Road Championships Chicago, IL

03/28/98 USATF Master 10k Road Championships Mesilla, NM

03/29/98 USATF Master 5k Road Championships (Men) Carlsbad, CA Carlsbad 5k

05/01/98 USATF Master Half Marathon Championships Indianapolis, IN

05/30/98 USATF Master 5k Road Championships (Women) Albany, NY Freihofer’s 5k

10/04/98 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/11/98 USATF Master 5k XC Championships Rochester, NY Genesee Valley Pk

10/25/98 USATF Master 8k XC Championships Louisville, KY Sawyer St. Pk

10/31/98 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

12/05/98 USATF National Club XC Championships Orlando, FL Disney WWS

**1999 11 Total = 4 XC + 7 Road**

01/24/99 USATF Master 1mi Road Championships Santee, CA

02/14/99 USATF Cross Country Championships Tacoma, WA Spanaway GC

02/20/99 USATF Master 12k Road Championships Orlando, FL

03/28/99 USATF Master 5km Road Championships (Men) Carlsbad, CA Carlsbad 5k

05/01/99 USATF Master Half Marathon Championships Indianapolis, IN

06/05/99 USATF Master 5k Road Championships (Women) Albany, NY Freihofer’s 5k

10/03/99 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/17/99 USATF Master 8k XC Championships Louisville, KY Sawyer St. Pk

11/21/99 USATF Master 5k XC Championships Holmdel, NJ Holmdel Pk

10/30/99 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

12/05/99 USATF National Club XC Championships Long Beach, CA El Dorado GC

**2000 11 Total = 4 XC + 7 Road**

01/23/00 USATF Master 1mi Road Championships Santee, CA

02/13/00 USATF Cross Country Championships Greensboro, NC Bryan Pk

02/26/00 USATF Master 12k Road Championships Orlando, FL

04/02/00 USATF Master 5k Road Championships (Men) Carlsbad, CA Carlsbad 5k

05/06/00 USATF Master Half Marathon Championships Indianapolis, IN

06/03/00 USATF Master 5k Road Championships (Women) Albany, NY Freihofer’s 5k

10/08/00 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/28/00 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

11/04/00 USATF Master 8k XC Championships Pasco, WA Sun Willows GC

11/19/00 USATF Master 5k XC Championships Holmdel, NJ Holmdel Pk

11/25/00 USATF National Club XC Championships Boston, MA Franklin Pk

**2001 8 Total = 4 XC + 4 Road**

02/17/01 USATF Cross Country Championships Vancouver, WA Ft. Vancouver Pk

04/01/01 USATF Master 5k Road Championships (Men) Carlsbad, CA Carlsbad 5k

06/02/01 USATF Master 5k Road Championships (Women) Albany, NY Freihofer’s 5k

09/18/01 USATF Master 5k XC Championships Deland, FL Sperling Sports Pk

10/07/01 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/27/01 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

11/04/01 USATF Master 8k XC Championships Rochester, NY Black Creek Pk

12/01/01 USATF National Club XC Championships Mobile, AL Battleship Pk

**2002 7 Total = 4 XC + 3 Road**

02/09/02 USATF Cross Country Championships Vancouver, WA Ft. Vancouver Pk

06/01/02 USATF Master 5k Road Championships (Women) Albany, NY Freihofer’s 5k

09/29/02 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/26/02 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

11/03/02 USATF Master 8k XC Championships Rochester, NY Black Creek Pk

11/24/02 USATF Master 5k XC Championships Holmdel, NJ Holmdel Pk

12/14/02 USATF National Club XC Championships Rocklin, CA Sierra College

**2003 11 Total = 4 XC + 7 Road**

02/15/03 USATF Cross Country Championships Houston, TX Buffalo Bayou Pk

03/16/03 USATF Master Half Marathon Championships New Bedford, MA

05/10/03 USATF Master 25k Road Championships Grand Rapids, MI Fifth Third Bank Run

05/24/03 USATF Master 20k Road Championships Wheeling, WV

05/31/03 USATF Master 5k Road Championships (Women) Albany, NY Freihofer’s 5k

09/28/03 USATF Master 10k Road Championships Paso Robles, CA

10/05/03 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/11/03 USATF Master Marathon Relay Championships Akron, OH

11/02/03 USATF Master 8k XC Championships Rochester, NY Black Creek Pk

11/23/03 USATF Master 5k XC Championships Holmdel, NJ Holmdel Pk

12/07/03 USATF National Club XC Championships Greensboro, NC Bryan Pk

**2004 8 Total = 3 XC + 5 Road**

02/07/04 USATF Cross Country Championships Indianapolis, IN Fall Creek/16th St. Pk

03/21/04 USATF Master Half Marathon Championships New Bedford, MA

05/08/04 USATF Master 25k Road Championships Grand Rapids, MI Fifth Third Bank Run

06/05/04 USATF Master 5k Road Championships (Women) Albany, NY Freihofer’s 5k

09/26/04 USATF Master 10k Road Championships Paso Robles, CA

10/03/04 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/17/04 USATF Master 5k XC Championships Saratoga Springs, NY Saratoga Spa State Pk

12/04/04 USATF National Club XC Championships Portland, OR Portland Meadows

**2005 7 Total = 3 XC + 4 Road**

02/12/05 USATF Cross Country Championships Vancouver, WA Ft. Vancouver Pk

06/04/05 USATF Master 5k Road Championships (Women) Albany, NY Freihofer’s 5k

08/07/05 USATF Master 8k Road Championships Honolulu, HI

09/25/05 USATF Master 10k Road Championships Paso Robles, CA

10/02/05 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/16/05 USATF Master 5k XC Championships Saratoga Springs, NY Saratoga Spa State Pk

11/19/05 USATF National Club XC Championships Rochester, NY Genesee Valley Pk

**2006 5 Total = 3 XC + 2 Road**

02/18/06 USATF Cross Country Championships New York, NY Van Cortlandt Pk

09/23/06 USATF Master 10k Road Championships Paso Robles, CA

10/01/06 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/15/06 USATF Master 5k XC Championships Saratoga Springs, NY Saratoga Spa State Pk

12/09/06 USATF National Club XC Championships San Francisco, CA Golden Gate Pk

**2007 6 Total = 3 XC + 3 Road**

02/10/07 USATF Cross Country Championships Boulder, CO Flatirons GC

05/12/07 USATF Master 25k Road Championships Grand Rapids, MI Fifth Third Bank Run

09/27/07 USATF Master 10k Road Championships Paso Robles, CA

10/07/07 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/14/07 USATF Master 5k XC Championships Saratoga Springs, NY Saratoga Spa State Pk

12/08/07 USATF National Club XC Championships West Chester, OH Voice of Amer. Pk

**2008 7 Total = 3 XC + 4 Road**

02/16/08 USATF Cross Country Championships San Diego, CA Mission Bay Pk

04/26/08 USATF Master 10k Road Championships Austin, TX

05/10/08 USATF Master 25k Road Championships Grand Rapids, MI Fifth Third Bank Run

10/05/08 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/05/08 USATF Master 5k Road Championships Syracuse, NY Festival of Races

10/12/08 USATF Masters 5km XC Championships Greensboro, NC Hagan Stone Pk

12/13/08 USATF National Club XC Championships Spokane, WA Plantes Ferry Pk

**2009 7 Total = 2 XC + 5 Road**

02/07/09 USATF Cross Country Championships Derwood, MD Ag.History Farm Pk

02/08/09 USATF Master Half Marathon Championships Melbourne, FL Beaches & Music Half

05/09/09 USATF Master 25k Road Championships Grand Rapids, MI Fifth Third Bank Run

09/07/09 USATF Master 15k Road Championships Buffalo, NY Fleet Feet Buffalo 15k

10/04/09 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/04/09 USATF Master 5k Road Championships Syracuse, NY Festival of Races

~~10/11/09 USATF Master 5k XC Championships St.Petersburg, FL Canceled~~

12/12/09 USATF National Club XC Championships Lexington, KY Masterson Station

**2010 9 Total = 3 XC + 6 Road**

02/07/10 USATF Master Half Marathon Championships Melbourne, FL Beaches & Music Half

02/13/10 USATF Cross Country Championships Spokane, WA Plantes Ferry Pk

05/08/10 USATF Master 25k Road Championships Grand Rapids, MI Fifth Third Bank Run

06/06/10 USATF Master 10k Road Championships Ann Arbor, MI Dexter-Ann Arbor Run

09/26/10 USATF Master 15k Road Championships Buffalo, NY Fleet Feet Buffalo 15k

10/03/10 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/03/10 USATF Master 5k Road Championships Syracuse, NY Festival of Races

10/23/10 USATF Master 5k XC Championships Vancouver, WA Ft. Vancouver Historical Pk

12/11/10 USATF National Club XC Championships Charlotte, NC McAlpine Pk

**2011 9 Total = 3 XC + 6 Road**

02/05/11 USATF Cross Country Championships San Diego, CA Mission Bay Pk

02/06/11 USATF Master Half Marathon Championships Melbourne, FL Beaches & Music Half

05/21/11 USATF Master 8k Road Championships Williamsburg, VA Fit to Run, Fit to Dream 8k

06/05/11 USATF Master 10k Road Championships Ann Arbor, MI Dexter-Ann Arbor Run

09/05/11 USATF Master 15k Road Championships Buffalo, NY Fleet Feet Buffalo 15k

10/02/11 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/02/11 USATF Master 5k Road Championships Syracuse, NY Festival of Races

10/22/11 USATF Master 5k XC Championships Fairport, NY Center Pk

12/10/11 USATF National Club XC Championships Seattle, WA Jefferson Pk GC

**2012 9 Total = 3 XC + 6 Road**

02/05/12 USATF Master Half Marathon Championships Melbourne, FL Beaches & Music Half

02/11/12 USATF Cross Country Championships St. Louis, MO Forest Pk

05/19/12 USATF Master 8k Road Championships Williamsburg, VA Fit to Run, Fit to Dream 8k

06/03/12 USATF Master 10k Road Championships Ann Arbor, MI Dexter-Ann Arbor Run

09/03/12 USATF Master 15k Road Championships Buffalo, NY Fleet Feet Buffalo 15k

09/30/12 USATF Master 5k Road Championships Syracuse, NY Festival of Races

10/07/12 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/13/12 USATF Master 5k XC Championships San Diego, CA Balboa Pk

12/08/12 USATF National Club XC Championships Lexington, KY Masterson Station

**2013 11 Total = 3 XC + 8 Road**

02/02/13 USATF Cross Country Championships St. Louis, MO Forest Pk

02/03/13 USATF Master Half Marathon Championships Melbourne, FL Beaches & Music Half

04/28/13 USATF Master 10k Road Championships Dedham, MA James Joyce Ramble

06/01/13 USATF Master 8k Road Championships Williamsburg, VA Fit to Run, Fit to Dream 8k

08/09/13 USATF Master 1mi Road Championships Pittsburgh, PA Liberty Mile

10/06/13 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/06/13 USATF Master 5k Road Championships Syracuse, NY Festival of Races

10/20/13 USATF Master 5k XC Championships Flemington, NJ Deer Path Pk

10/26/13 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

11/17/13 USATF Master 12k Road Championships Alexandria, VA .US Nat’l Road Championships

12/14/13 USATF National Club XC Championships Bend, OR River’s Edge GC

**2014 11 Total = 3 XC + 8 Road**

02/02/14 USATF Master Half Marathon Championships Melbourne, FL Beaches & Music Half

02/15/14 USATF Cross Country Championships Boulder, CO Flatirons GC

02/23/14 USATF Master 8k Road Championships Brea, CA Brea 8k Classic

04/27/14 USATF Master 10k Road Championships Dedham, MA James Joyce Ramble

08/22/14 USATF Master 1mi Road Championships Flint, MI Crim Festival

10/05/14 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/05/14 USATF Master 5k Road Championships Syracuse, NY Festival of Races

10/25/14 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

11/08/14 USATF Master 5k XC Championships Carmel, IN Northview Church

11/16/14 USATF Master 12k Road Championships Alexandria, VA .US Nat’l Road Championships

12/13/14 USATF National Club XC Championships Bethlehem, PA Lehigh University

**2015 10 Total = 3 XC + 7 Road**

02/07/15 USATF Cross Country Championships Boulder, CO Flatirons GC

02/22/15 USATF Master 8k Road Championships Brea, CA Brea 8k Classic

04/26/15 USATF Master 10k Road Championships Dedham, MA James Joyce Ramble

05/31/15 USATF Master Half Marathon Championships San Diego, CA Rock ‘n Roll Half Marathon

08/21/15 USATF Master 1mi Road Championships Flint, MI Crim Festival

10/04/15 USATF Master Marathon Championships Minneapolis, MN Twin Cities

10/04/15 USATF Master 5k Road Championships Syracuse, NY Festival of Races

10/18/15 USATF Master 5k XC Championships Saratoga Springs, NY Saratoga Spa State Pk

10/31/15 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

12/12/15 USATF National Club XC Championships San Francisco, CA Golden Gate Pk

**2016 9 Total = 3 XC + 6 Road**

02/06/16 USATF Cross Country Championships Bend, OR River’s Edge GC

02/28/16 USATF Master 8k Road Championships Brea, CA Brea 8k Classic

04/24/16 USATF Master 10k Road Championships Dedham, MA James Joyce Ramble

06/05/16 USATF Master Half Marathon Championships San Diego, CA Rock ‘n Roll Half Marathon

08/26/16 USATF Master 1mi Road Championships Flint, MI Crim Festival

10/02/16 USATF Master 5k Road Championships Syracuse, NY Festival of Races

10/29/16 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

11/06/16 USATF Master 5k XC Championships Tallahassee, FL Apalachee Reg. Pk

12/10/16 USATF National Club XC Championships Tallahassee, FL Apalachee Reg. Pk

**2017 9 Total = 3 XC + 6 Road**

02/04/17 USATF Cross Country Championships Bend, OR River’s Edge GC

03/18/17 USATF Master 8k Road Championships Virginia Beach, VA Shamrock Run 8k

04/30/17 USATF Master 10k Road Championships Dedham, MA James Joyce Ramble

05/07/17 USATF Master Half Marathon Championships Costa Mesa, CA Orange County Half Marathon

08/25/17 USATF Master 1mi Road Championships Flint, MI Crim Festival

10/01/17 USATF Master 5k Road Championships Syracuse, NY Festival of Races

10/15/17 USATF Master 5k XC Championships Boston, MA Franklin Pk

10/28/17 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

12/09/17 USATF National Club XC Championships Lexington, KY Masterson Station

**2018 9 Total = 3 XC + 6 Road**

02/03/18 USATF Cross Country Championships Tallahassee, FL Apalachee Reg. Pk

03/17/18 USATF Master 8k Road Championships Virginia Beach, VA Shamrock Run 8k

04/29/18 USATF Master 10k Road Championships Dedham, MA James Joyce Ramble

06/03/18 USATF Master Half Marathon Championships Ann Arbor, MI Dexter/Ann Arbor Half

08/18/18 USATF Master 5k Road Championships Atlanta, GA Atlanta Finest 5k

08/24/18 USATF Master 1mi Road Championships Flint, MI Crim Festival

09/23/18 USATF Master 5k XC Championships Buffalo, NY Delaware Pk

10/27/18 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

12/08/18 USATF National Club XC Championships Spokane, WA Plantes Ferry Pk

**2019 9 Total = 3 XC + 6 Road**

02/02/19 USATF Cross Country Championships Tallahassee, FL Apalachee Reg. Pk

03/16/19 USATF Master 8k Road Championships Virginia Beach, VA Shamrock Run 8k

04/28/19 USATF Master 10k Road Championships Dedham, MA James Joyce Ramble

06/02/19 USATF Master Half Marathon Championships Ann Arbor, MI Dexter/Ann Arbor Half

08/17/19 USATF Master 5k Road Championships Atlanta, GA Atlanta Finest 5k

08/23/19 USATF Master 1mi Road Championships Flint, MI Crim Festival

10/12/19 USATF Master 5k XC Championships San Diego, CA Mission Bay Pk

10/26/19 USATF Master 15k Road Championships Tulsa, OK Tulsa 15k

12/14/19 USATF National Club XC Championships Bethlehem, PA Lehigh Univ

**2020 1 Total = 1 XC + 0 Road**

01/18/20 USATF Cross Country Championships San Diego, CA Mission Bay Pk

~~04/26/20 USATF Master 10k Road Championships Dedham, MA Canceled Covid pandemic~~

~~08/21/20 USATF Master 1mi Road Championships Flint, MI Canceled Covid-pandemic~~

~~09/27/20 USATF Master 12k Road Championships Highlands, NJ Canceled Covid pandemic~~

~~10/18/20 USATF Master 5k XC Championships Boston, MA Canceled Covid-pandemic~~

~~11/08/20 USATF Master Half Marathon Championships Syracuse, NY Canceled Covid pandemic~~

~~12/12/20 USATF National Club XC Championships San Francisco, CA Canceled Covid pandemic~~

**2021**

~~02/06/21 USATF Cross Country Championships San Diego, CA Canceled Covid pandemic~~

~~04/25/21 USATF Master 10k Championships Dedham, MA Canceled Covid pandemic~~

~~06/05/21 USATF Master 1mi Road Championships Rochester, NY Canceled Covid pandemic~~

09/19/21 USATF Master 12k Road Championships Highlands, NJ By Hook or By Crook 12k

10/17/21 USATF Master 5k XC Championships Boston, MA Franklin Pk

11/14/21 USATF Master Half Marathon Championships Syracuse, NY Syracuse Half

12/11/21 USATF National Club XC Championships Tallahassee, FL Apalachee Regional Pk

**2022**

01/08/22 USATF Cross Country Championships San Diego, CA Mission Bay Pk

04/24/22 USATF Master 10k Championships Dedham, MA James Joyce Ramble

06/04/22 USATF Master 1mi Road Championships Rochester, NY Brooks Rochester Mile

09/18/22 USATF Master 12k Road Championships Highlands, NJ By Hook or By Crook 12k

11/13/22 USATF Master Half Marathon Championships Syracuse, NY Syracuse Half

12/10/22 USATF National Club XC Championships San Francisco, CA Golden Gate Pk

**2023**

01/tbd/23 USATF Cross Country Championships Richmond, VA Pole Green Pk

**2024**

01/tbd/24 USATF Cross Country Championships Richmond, VA Pole Green Pk

To be continued.

Send comments, corrections and additional information to:

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