

SJAC Calendar

❖ SJAC Group Runs

1. Sundays 7:30am from the Haddonfield Running Co.
2. Wednesdays - 6:30pm @ HRC - store group run

❖ **Wednesday Feb. 12, 2020 – 8:00pm** Haddonfield Running Co. – downstairs meeting space. Regular monthly SJAC meeting. The South Jersey Athletic Club February meeting will feature Jessica Rosetti discussing what you can do to stay safe on your runs and also how you can promote safe running with your friends!

- 6:30 Group run starting at Haddonfield Running Co.
- 7:30 Beer and Pizza
- 8:00 Presentation in the downstairs presentation room

❖ **Saturday Feb. 22, 2020** USATF Mid-Atlantic Grand Prix begins with the [Fireside Frostbite 5 Miler](#).

❖ **Wednesday Mar. 11, 2019 – 8:00pm** Haddonfield Running Co. – downstairs meeting space. Regular monthly SJAC meeting.

❖ **Saturday Mar. 21, 2020** USATF Mid-Atlantic Grand Prix continues with the [Haddonfield Adrenaline 5K](#).

❖ **Wednesday Apr. 8, 2020 – 8:00pm** Haddonfield Running Co. – downstairs meeting space. Regular monthly SJAC meeting.

❖ **Sunday Apr. 19, 2020** USATF Mid-Atlantic Grand Prix continues with the [Valley Forge Revolutionary 5 Mile Run](#).

- ❖ **Sunday May 3, 2020** USATF Mid-Atlantic Grand Prix continues with the [Blue Cross Broad Street Run - 10 miler.](#)

- ❖ **Wednesday May. 13, 2020 – 8:00pm** Haddonfield Running Co. – downstairs meeting space. Regular monthly SJAC meeting.
- ❖ **Monday May 25, 2020** USATF Mid-Atlantic Grand Prix continues with the [Memorial Main Street Mile](#)
- ❖ **Saturday June 6, 2020** USATF Mid-Atlantic Grand Prix continues with the [Scott Coffee Moorestown Rotary 8K.](#)
- ❖ **Tuesday June 9, 2020** - [SJAC Ed Espenshade “No Frills, Just Trills”](#) John McMenamin 5K race, 7:00pm - Cooper River Park, Pennsauken, NJ.
- ❖ **Tuesday June 23, 2020** - [SJAC Ed Espenshade “No Frills, Just Trills”](#) 1 or 2 Loops (3.65 or 7.3 miles) race, *6:30pm* - Cooper River Park, Pennsauken, NJ.
- ❖ **Tuesday July 7, 2020** - [SJAC Ed Espenshade “No Frills, Just Trills”](#) Jerry Nolan 1 Loop (3.65 miles) race, 7:00pm - Cooper River Park, Pennsauken, NJ.
- ❖ **Tuesday July 21, 2020** - [SJAC Ed Espenshade “No Frills, Just Trills”](#) Harry Berkowitz One Mile race *6:40pm* - Cooper River Park, Pennsauken, NJ.
- ❖ **Tuesday July 21, 2020** - [SJAC Ed Espenshade “No Frills, Just Trills”](#) 1 or 2 Loops (3.65 or 7.3 miles) race, 7:00pm - Cooper River Park, Pennsauken, NJ.
- ❖ **Tuesday August 4, 2020** - [SJAC Ed Espenshade “No Frills, Just Trills”](#) 1 Loop (3.65 miles) Prediction race, 7:00pm - Cooper River Park, Pennsauken, NJ.
- ❖ **Tuesday August 18, 2020** - [SJAC Ed Espenshade “No Frills, Just Trills”](#) 1 Loop (3.65 miles) race, *6:30pm* - Cooper River Park, Pennsauken, NJ

- ❖ **Sunday Sept. 13, 2020** USATF Mid-Atlantic Grand Prix continues with the [Main Line Run 5K.](#)

- ❖ **Sunday Oct. 11, 2020** USATF Mid-Atlantic Grand Prix continues with the [Delaware Distance Classic 15K.](#)

- ❖ **Sunday Nov. 1, 2020** USATF Mid-Atlantic Grand Prix continues with the [Cooper Norcross Run the Bridge 10K.](#)

- ❖ **Saturday Nov. 21, 2020** USATF Mid-Atlantic Grand Prix continues with the [Philadelphia Half Marathon and Rothman Institute 8K.](#)

❖ **Sunday Nov. 22, 2020** USATF Mid-Atlantic Grand Prix concludes with the [Philadelphia Marathon](#).