

Thursday, May 4

White Cap Nurses 5K, Columbus, 5km, 7pm, Craig Thompson (614) 425-1156

Friday, May 5

Cinco de Mayo 5K, Columbus, UltraFit/USA (614) 332-5205

Cinco de Mayo 5K, Warren, 5km, 7pm, Ted Rupe (330) 637-8466

Run 4 Fun, Medina, 5km, 7:30pm, RS Racing (330) 791-7070

Minervastrong Memorial, Minerva, 5km, 7pm, Allison Jeric (330) 420-8994

Cinco de Mile, Miamisburg, 1 mile, 7pm, Key Sports (937) 776-1977

Southdale Strong 5K, Kettering, 5km (937) 499-1890

High Tail to Ale 5K, Detroit, MI (734) 929-9027

Saturday, May 6

Toyota 10K/ Tri-State Running Company 5K, Cincinnati, Flying Pig Marathon, 644 Linn, Suite 0

McConnell 5K, Columbus, 5km, 8:30am, Columbus Running Company (614) 764-0855

Tyler's Light 5K, Pickerington, 5km, 10am, Columbus Running Company (614) 764-0855

Airman Nathan Smith Memorial 5K, Tiffin, 5km, 9am, Fred Smith (419) 332-8104

Band on the Run, Perrysburg, 5km, 9am, Dave's Running (419) 882-8524

Dandelion 5K, Dover, 5km (330) 343-3603

White House Fruit Farm 5K, Canfield, 5km, 9:30am, (330) 533-4161

Run for Home, Cleveland, 5km, 8:30am, Hermes Sports & Events (216) 623-9933

Rock & Run, Cleveland, 5km, 8:30am, Hermes Sports & Events (216) 623-9933

Run with the Bucks, Medina, 5km, 9am, John Brenenstuhl (330) 722-8257

Rock N Run, Berea, 5km, 9am, Jyl Rhoden (216) 818 8305

Run for the Stars, Ashland, 5km, 10am, (419) 266-9893

ACAPL Furocious 5K, Ashtabula, Natalie Breedlove (440) 413-9250

Riverside Cares, Painesville, 5km, 8:30am, Greater Cleveland XC (440) 290-0185

Let's Talk Jenna 5K, Highland Heights, 5km, 9am, Greater Cleveland XC (440) 290-0185

Run Puritas, Cleveland, 5km, 9am, Peace Racing (216) 538-8748

Mega Wild 5K, Greenville, 5km, EUM Church (937) 548-3211

Main Elementary 5,m Beaver creek, 5km, 9am, Key Sports (937) 776-1977

Miles for Mark 5K, Centerville, 5km, 9am (937) 433-5155

Run for Education 5K, Troy, 5km, 10am, Jeff Schultz (937) 332-6710,

Officer Down 5K, Brookville, 5km, 8pm, Speedy Feet Racing (937) 361-6825

Firefighters 5K Trail Run, Richfield, 5km, 8:30am, North Coast Multisports (330) 686-1680

Pig Out 5K, Gallipolis, Tri State Racer (304) 416-5822

Cougar Challenge, Delaware, 5km, 9am, Speedy Sneakers (614) 527-4770

Celebrate Teaching 5K, Columbus, 5km, 10am, Premier Sports (614) 595-9782

Salt Fork Spring Challenge, Cambridge, 10.4 mile trail run, 8:30am, Challenge, 118 W. Streets

Sweat Now Wine Later, Canton, adventure race, RunCanton, PO Box 9341, Canton, OH 44711

Duke Melee 5K & Obstacle Challenge, Alliance, 5km, 9am, RS Racing (330) 791-7070

Do Re Mi 5K, Oberlin, 5km, 8:30am, Oberlin Choristers (440) 774-4079

Mohawk Color Run, Middletown, Key Sports (937) 776-1977

Sam White Memorial 5K, Princeton, WV, 5km, 8am (304) 425-4945

Dirt Dash, Caldwell, WV, 15km, 5 mile, Erin Hurst (304) 647-3783

Sam White Memorial 5K, Princeton, WV, Tri State Racer (304) 416-5822

SOTW 5K, Huntington, WV, Preama McClurg (304) 412-2555

Derby Dash, Williamstown, KY, 5K, PO Box 518, Williamstown, KY 41097

Super Heroes 5K, Science Hill, KY, 5km (606) 423-2490

OneAmerica 500 Festival, Indianapolis, IN, 13.1 mile, 5km, 7:30am, Tuxedo Brothers (317) 73

Global 6K for Water, Milford, MI, 6km, (734) 306-9221

Moonlight Bootlegger 5K, Northville, MI (313) 304-0903

Law Enforcement Memorial 5K, Monaca, PA, 5km, 8am (724) 553-9021

Fiesta 5k for EYA< Erie, PA, 5km, Erie Runners Club, P.O. Box 6, Erie, PA 16512

Sunday, May 7

Flying Pig Marathon/Paycor Half Marathon, Flying Pig Marathon, 644 Linn, Suite 626, Cincinnati

Spirit 5K, Olmsted Falls, 5km, 9am, Jeff Swislocki (501) 533-4369

Race to Empower, Cleveland, 5km, 9am, Hermes Sports & Events (216) 623-9933

Ambulance Chase, Lakewood, 5km, 9am, Hermes Sports & Events (216) 623-9933

Strides for Leadership, Elyria, 5km, 9am, Hermes Sports & Events (216) 623-9933

West End Y 5K, Willoughby, 5km, 9am (440) 946-1160

The Home Run, Lyndhurst, HMA Promotions (216) 752-5151

Run for Chardon, Chardon, 13.1 mile, 5km, 8am, Great Lake Racing, 10475 Misty Ridge Dr, C

Miles That Matter 5K, Willoughby, 5km, 9am,

Wildcat Prowl for a Purpose, Springfield, 5km, 9am, Speedy Feet Racing (937) 361-6825

Children's Rescue Center, Springfield, 5km, 1:30pm, Speedy Feet Racing (937) 361-6825

Mommy Mile, Columbus, 5km, 9am, Premier Sports (614) 595-9782

Ohio Duathlon, Delaware, Craig Thompson (614) 425-1156

Dog Jog 5K, Huntington, WV, Tri State Racer (304) 416-5822

Great Cake Race, Lexington, KY, 5K, PO Box 23972, Lexington, KY 45846

Berkley Runs, Berkley, MI, 5km, 10km, 9am, Motor City Strider, 10144 Lincoln, Huntington Wc

Burns Park Run, Ann Arbor, MI, 5km, 10km, Ann Arbor Track Club, P.O. Box 7551, Ann Arbor

Cinco de Mayo 5K, Detroit, MI (313) 570-4803

Kiwanis 5K, Utica, MI, 5km (586) 726-5742

Kalamazoo Marathon, Kalamazoo, MI, 26.2 mile, 13.1 mile, 10km, 5km (269) 345-1913

Thursday, May 11

South Fork Duathlon, Whitehouse (419) 356-4881

Friday, May 12

Ladies Rock, Dayton, 4 Mile, Key Sports (937) 776-1977

Whiskey Chaser, Troy, 5km, 7pm, Speedy Feet Racing (937) 361-6825

Saturday, May 13

No Child Wet Behind, Columbus, 5km, Columbus Running Company (614) 356-8500

iRun for Jonah, Pickerington, 5km. 10am (614) 356-8500

Run for the Bulls, Toledo, 5km, 9am, Dave's Running (419) 882-8524

Kalida Band 4 Miler, Cloverdale, 4 mile, Dave's Running (419) 882-8524

Run Against Human Trafficking, Lindsey, 5km, 9am, Fremont Elite Running Club (419) 234-53

Kiwanis Miles for Kids, North Canton, 5km, 9am, RS Racing Systems (330) 791-7070

Mother of All Races, Canal Fulton, 5km, 10km, 8am, RS Racing (330) 791-7070

Lions 5K in May, Austintown, 5km, 9:45am, Larry Jensen (330) 793-4046

Ryan Johnson Memorial 5K, Beloit, 5km, 9am (330) 823-0450

Messiah Lutheran 5K, Fairview Park, 5km, 8:30am, Jason Epperson (216) 374-5239

Ohio Guidestone Promise Run, Berea, 5km, 9am, Hermes Sports & Events (216) 623-9933

Run for Hunger, Cleveland, 5km, 9:30am, Hermes Sports & Events (216) 623-9933

Hyland HY5K, Westlake, 5km, 9am, Hermes Sports & Events (216) 623-9933

Urban Community School R.U.N., Hermes Sports & Events (216) 623-9933

Amazing AKA, Cleveland, 5km, 9am, Hermes Sports & Events (216) 623-9933

Run for Hunger, Cleveland, 5km, Angela Duder (216) 619-8155

Red Bird 5K, Madison, 5km, 9am, Greater Cleveland XC (440) 290-0185

Celebrate Mom's 5K, Lyndhurst, 5km, 9am, Greater Cleveland XC (440) 290-0185

Holi 5K, Clearcreek Township, Key Sports (937) 776-1977

Founder's Run, Beavercreek, 5km, 10km, Key Sports (937) 776-1977

Redlegs Run, Cincinnati, 5km, 10km, 8am, Redlegs Run, 100 Joe Nuxhall Way, Cincinnati, OH

Forest Hills 5K, Cincinnati, 5km, 8:30am, Buckeye Running (513) 474-5200

Miles for Matthew 5K, Hamilton, 5km, 5K, 2268 Cariln, Hamilton, OH 45013

SJCS Jog N Jam, Hamilton, 5km (513) 863-8758

St Brigid 5K, Xenia, 5km, 8am (937) 372-3193

Girls on the Run, Dayton, 5km, 10am, GOTR, PO Box 752105, Dayton, OH 45475

Dayton Public Schools 5K, Dayton, 5km, 2pm, Speedy Feet Racing (937) 361-6825

Reynolds Employee 5K, Kettering, 5km, 9am, Speedy Feet Racing (937) 361-6825

St Brigid 5K, Xenia, 5km, 8am, Speedy Feet Racing (937) 361-6825

Girls on the Run, Dayton, 5km, 10am, Speedy Feet Racing (937) 361-6825

Run for Heroes, Westerville, Race Penguin (614) 595-7286

Linda Ferguson Memorial 5K, Cedarville, 5km, Race Penguin 595-7286

Challenge Columbus 5K, Columbus, 5km, Speedy Sneakers (614) 527-4770

Duchenne Dash, Plain City, 5km, 10km, 8:30am, Craig Thompson, (614) 425-1156

Striding into the Light, Gahanna, 5km, 8:30am, Craig Thompson, (614) 425-1156

Thunderbunny Races, Athens, 50km, 25km, 12km, 8am, Ohio Valley Running Company (740)

WoDu Duathlon, Wooster, duathlon, Vertical Runner (330) 262-3000

Tyler Westbrook Memorial 5K, Williamstown, WV, 5K, 584 Highland Ave, Williamstown, WV, 2

Dog Jog, Hurricane, WV, 5km, 8am (304) 586-0249

Iron Mom Half Marathon, Paducah, KY, 13.1 mile (270) 443-4838

River Bank Run, Grand Rapids, MI, 25km, 10km, 5km, (616) 771-1590

Hometown Hustle, Rochester, MI, 5km (248) 726-3127

Anger's Place Run, Clarkston, MI, 5km, 10km (248) 505-5088

Sunday, May 14

Mother's Day 5K, Middletown, 5km, 8:30am, Judy Voncent (513) 594-9714

Purple Passion 5K, Xenia, 5km, 2pm, Desiree Vance, 129 Finsbury, Troy, OH 45373

Trail Nut 10K, Lewis Center, 10km, 8am, Premier Sports (614) 595-9782

Mother's Day 5K, Westerville, 5km, 8:30am (224) 757-5425

Mother's Day 5K, Belpre, 5km, 1pm (304) 482-4729

Tom Nowak Big Creek Run, Middleburg Heights, Hermes Sports & Events (216) 623-9933

The Race, Lyndhurst, HMA Promotions (216) 752-5151

Morgan's Extreme Trail Run, Morrow, 4mile, 9am, Greg McCormick (513) 652-6225

Coffman YMCA Triathlon, Springboro, triathlon (937) 886-9622

Spring Classic Sprint Triathlon, Boardman, triathlon, Davis Family YMCA (330) 480-5656

Goddess 5K, Ann Arbor, MI (734) 585-7101

Mothers Day 5K, Erie, PA, 5km, Erie Runners Club, P.O. Box 6, Erie, PA 16512

Thursday, May 18

Down Syndrome Run, Dublin, 5km, 10km, 7pm, Premier Sports (614) 595-9782

Friday, May 19

Thin Mint Sprint, Maumee, 5km, 6:30pm, Dave's Running (419) 882-8524

Angels for Anna's Festive 5K, Centerville, 5km, 6:30pm, Speedy Feet Racing (937) 361-6825

RadioU 5K, Westerville, 5km, 7pm, Craig Thompson (614) 425-1156

Fr. Kline 5K, Mentor, 5km, 7pm, Greater Cleveland XC (440) 290-0185

Saturday, May 20

Race for the Cure, Columbus, 5km, 8:45am, 5K, 929 Eastwind Dr, Suite 211 Westerville, OH 4

Dart Frog Dash, Toledo, 5km, 9am, Robin Guidera (419) 385-5721

Rite Aid 5K, Cleveland, 5km, 9am (216) 464-5510

Lights 5K, Gallipolis, 5km, 9pm (740) 446-6882

Run with the Deputies, Warren, 5km, 9am, Donald Hyde (330) 240-3750

Bolt Like a Blazer, Northfield, 5km, 9am, Hermes Sports & Events (216) 623-9933

Girls on the Run, North Canton, 5km, Amy Shock (330) 224-9331

Girls on the Run, Toledo, 5km, 9am (419) 318-9211

ADM Recovery Challenge, Akron, 5km, 9am, RS Racing Systems (330) 791-7070

Kiwanis 5 Mile, Lucas, 5 mile, (419) 266-9893

Aruna 5K, Cincinnati, 5km, 9am, Steve Prescott (513) 909-3769

Rockin' on the Run, London, 5km, 8am (740) 852-5884

That Day in May Run, Oakwood, 5km, 10km, 9am, Speedy Feet Racing (937) 361-6825

Frog Jog, Hamilton, 5km, 9am, Speedy Feet Racing (937) 361-6825

Run the Taps, Dayton, Dayton, 5km, Key Sports (937) 776-1977

Armed Forces Day 5K, Dayton, Key Sports (937) 776-1977

5K for MSA, Beavercreek, Key Sports (937) 776-1977

Block the Son 5K, Brookville, Key Sports (937) 776-1977

St Vincent De Paul Sock it to Poverty, Dayton, 5km, 8:30am (937) 222-7349

The Mad Run, Fort Recovery, 5K, PO Box 487, Ft Recovery, OH 45846

Paige's Princess Run, Lebanon, 5K, 912 McBurney Dr, Lebanon, OH 45036

OTR 5K, Cincinnati, 5km (513) 241-2690

Chick-fil-A 10K, Parkersburg, WV, 10km, River City Runners, PO Box 4496, Parkersburg, WV

Armed Forces Day 5K, Crescent Springs, KY, 5km, 8:30am, Greg McCormick (513) 652-6225

Chrysalis House, 5K, 101 R.J. Corman Dr, Nicholasville, KY 40356

Geist Half Marathon, Fisher, IN, 13.1 mile, 10km, 5km, 7am, Tuxedo Brothers (317) 733-3300

Rainbow Run, Indianapolis, IN, 5km, 8am, Tuxedo Brothers (317) 733-3300

Heart and Sole, Run, Chelsea, MI, 10km (734) 593-6269

Save the Manatee, Harrison Twp, MI, 5km (586) 783-6729

Kiss a Pig, Erie, PA, 5km, 4pm, Erie Runners Club, P.O. Box 6, Erie, PA 1651

Sunday, May 21

Rite Aid Cleveland Marathon, Cleveland, 26.2 mile, 13.1 mile – 7am, 10km -7:15am, Ralph Sta

Zoo Run, Powell, 5km, 8am, UltraFit/USA (614) 332-5205

Metzenbaum Run, Chesterland, 5km, 8:30am, Greater Cleveland XC (440) 290-0185

Love Works 5K, Gahanna, 10am, Columbus Running Company (614) 356-8500

Holi 5K, Clearcreek Township, Key Sports (937) 776-1977

DLM Dash, Centerville, 5km, 8:30am, Speedy Feet Racing (937) 361-6825

Girls on the Run, Columbus, 5km, 9am, Premier Sports (614) 595-9782

Dirt Trail Run, Cincinnati, 5.4 miles, 9am, Greg McCormick (513) 652-6225

Heart of a Warrior 5K, Cincinnati, Steve Prescott (513) 909-3769

Steeple Chase 5K, Ceredo, WV (606) 369-4403

Race for the Cure, Corners, MI, 5km (616) 752-8262

Back to the Beach, Shelby Twp, MI, 13.1 mile, 10km, 5km, Run, 4300 Main Park Rd, Shelby Twp, MI 48160 (519) 253-1111

Charlotte's Run, Monaca, PA, 5km (724) 312-0914

Wednesday, May 25

Fore Miler, Dublin, 4 mile, 7pm, M3S Sports, 5003 Horizons Drive, Suite 200. Columbus, OH 43062 (614) 291-1111

Relay for Life 5K, Tipp City, 5km, 6:30pm, Alliance Running 45371 (937) 506-8361

Du the Oaks, Whitehouse, duathlon, 7pm, Run Toledo (419) 356-4881

Friday, May 26

St Luke PTO 5K, Beavercreek, 5km, 6:30pm, Run, 1442 N. Fairfield, Beavercreek, OH 45432 (937) 233-1111

Cancer Run, Zionsville, IN, 5km, 6:30pm, Tuxedo Brothers (317) 733-3300

Saturday, May 27

Summa Health Half Marathon, Medina Running Club, 13.1 mile, 5km (330) 737-7939

River Run, Toledo, 10km, 7am, Clint McCormick (419) 356-4881

Sternwheel 5K, Marietta, 5km, 8am Eve Bryant (740) 525-3713

Rocky's Run for Freedom, Miamisburg, 5km, 9am, Speedy Feet Racing (937) 361-6825

Just Run, Fairport Harbor, 5km, Greater Cleveland XC (440) 290-0185

Ribbon Run, Shaker Heights, 5km, 9am, HMA Promotions (216) 752-5151

Private Heath Warmer Memorial Run, Massillon, 5km, (330) 830-6275

May in Bay, Bay Village, 5km, 9am, Hermes Sports & Events (216) 623-9933

Eagle Run, Avon, 5 mile, 5km, 8am, Hermes Sports & Events (216) 623-9933

St Anthony's Padua, Parma, 5km, 9am, Hermes Sports & Events (216) 623-9933

PetPromise Rescue Run, Columbus, 5km, 9am, Megan Riley (614) 353-5385

Whit's End, West Salem, 5km, 8am (330) 466-2707

Harrison's Heroes, Beavercreek, 5km, 10km, 9am, Key Sports (937) 776-1977

Clippard YMCA 5K, Cincinnati, 5km, 9am, (513) 923-4466

Candy Race, Cincinnati, 5km, Speedy Sneakers (614) 527-4770

Furry Skurry, Dayton, 5km (937) 262-5922

Ogden Half Marathon, Wheeling, WV, 13.1 mile, 5km (304) 233-0100

Alumni Classic, St Marys, WV, 5km, 10km, 5km, Terri Parks, 232 Heron, St Marys, WV 26170

Dinger Fletcher Memorial 5K, Webster Springs, WV (304) 644-6280

Clairton 5K, Clairton, PA, 5km, 9am (412) 414-5314

Sunday, May 28

Blossom Time, Chagrin Falls, 5.25 mile, 9am, Hermes Sports & Events (216) 623-9933

Nathan Carse Purple Heart 5K, Lima, 5km, 9am, Will Thompson (419) 229-1945

Field of Heroes 5K, Westerville, 5km, 8am, Premier Sports (614) 595-9782

Ohio Trail Run, Mt Perry, Race, 5275 Rucker Rd, Mt Perry, OH 43760

Jeremy Shock Mud Run, Green Springs, Run, 120 Catherine, Green Springs, OH 44836

Monday, May 29

Lou Cox Memorial 5K, Dayton, 5km, 8am, Lou Cox 5K, 94 Bethel Rd., Centerville, OH 45458

Memorial Mile, Boardman, 1 mile (330) 757-7424

Memorial Day 5K, Tallmadge, 5km, 8am, Joshua Ritchie (330) 633-5667

Memorial Day 5Km Lancaster, 5km, Christine Simmons, 1509 Zimmer St, Lancaster, OH 43130

UA 5, Upper Arlington, 5 Mile, 9am, UA Civic Association

Earn Your Spots Jaguar 5K, Cleveland, 5km, 9am, Hermes Sports & Events (216) 623-9933

Kip Boulis 5K, Perrysburg, 5km, 8am, Kelly Chaleant (419) 872-8001

Hero Run, Massillon, 5km, 8:30am, RS Racing Systems (330) 791-7070

Johnny's Run, Mentor, 5km, 8am, Charlene Hrwatzki (216) 401-6276

Happy 5K, Tipp City, 5km, 8am (937) 667-5585

Memorial Day Run, University Heights, 4 mile, 9am, Howard Mack (216) 752-5151

Memorial Day Obstacle 5K, Bexley, Speedy Sneakers (614) 527-4770

Freedom Challenge, Erie, PA, 5km, Erie Runners Club, P.O. Box 6, Erie, PA 16512

Upcoming Races

List your race here for only \$50 runohio@ee.net
That's for the price of 1 or 2 entry fees

Monday, May 29

[30th annual Lou Cox Memorial 5K, Dayton, 8am -](#)

[http://orrc.org/event/lou-cox-5k "; ";](http://orrc.org/event/lou-cox-5k)

RUNOHIO Grand Prix

Oak Hill Festival of Flags 5K, Oak Hill, 8:30am, Greg Ervin, 1601 Mt Zion Rd, Jackson, OH 45

Sunday, June 4

40th annual Columbus 10K, Columbus -

<http://runohio.com/index.php/features/1262-40th-annual-columbus-10k>

RUNOHIO Grand Prix race

Saturday, June 10

Heal to Heal 5K/10K, West Chester, Nancy Lavergne (513) 260-1273

Sunday, June 11

Manly Man Foot Race <http://www.manlymanfootrace.com/>

Wednesday June 14

Ohio Teamsters/Medical Mutual Flag Say 5K, Deepwood Center, Mentor, 5km, 7pm, Andy Ra

Saturday, June 17

[39th annual Camelback 10K, Fremont -](#)

[http://fremontliterunnersclub.com/Camelback.aspx "; ";](http://fremontliterunnersclub.com/Camelback.aspx)

RUNOHIO Grand Prix race

Thad Davis Memorial 5K, Amanda <http://amandadavis5k.com>

Friends of the Buckeye Lake Library 5K, Buckeye Lake [http://www.buckeyelake.org/5k-10k-walkrun "; ";](http://www.buckeyelake.org/5k-10k-walkrun)
[http://www.buckeyelake.org/5k-10k-walkrun "; ";](#)

Shawshank Hustle, [Mansfield 5K, 8:30am](http://www.mansfield5k.com) <http://www.mansfield5k.com> "; ";

