



The staff of RUNOHIO would like to wish you and your family a happy, healthy and safe 4th of July.

Searchable Race Calendar - <http://events.runohio.com>

### History of the 4th

Variously known as the Fourth of July and Independence Day, July 4th has been a federal holiday in the United States since 1941, but the tradition of Independence Day celebrations goes back to the 18th century and the American Revolution (1775-83). In June 1776, representatives of the 13 colonies then fighting in the revolutionary struggle weighed a resolution that would declare their independence from Great Britain. On July 2nd, the Continental Congress voted in favor of independence, and two days later its delegates adopted the Declaration of Independence, a historic document drafted by Thomas Jefferson. From 1776 until the present day, July 4th has been celebrated as the birth of American independence, with typical festivities ranging from fireworks, road races, parades and concerts to more casual family gatherings and barbecues.

### Upcoming Races

#### Friday, July 1

Bean Days 5K, Montpelier, 5km, 8am, Brian Fritsch (419) 485-3940

## Happy 4th of July

Monday, 27 June 2016 10:08 -

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Woodville 5K, Woodville, 5km, 7:30pm (419) 862-2356

### Saturday, July 2

Freedom Run, Ashville, 5km, 9am, Michelle Hamilton, Circleville Ave, Ashville, OH 43103  
(740) 983-4675

Run for the Pieorgies, Parma, 5km, 8:30am, Hermes Sports & Events (216) 623-9933

Run Through the Pines, Mansfield, 5km, 9am, Mike Schaefer (614) 636-4414

Run for Recovery, Troy, 5km, 9am (937) 335-4543 ext 143

Night Ranger 5K, New Knoxville, 5km, 9am, Speedy Feet Racing (937) 361-6825

Mardi Gras 5K, Fairport Harbor, 5km, 8:30am, Greater Cleveland XC (440) 290-0185

Night Glow 5K, Massillon, 5km, 9:30pm, RS Racing Systems, 8754 Jedd St. SW, Navarre, OH 44662

Liberty 5K, Ontario, 5km, 8:30am, Maureen Johnson (419) 564-8963

5K on the Lake, Lakeview, 5km, 8:30am, Jesse Avila (937) 843-3258

Chasing the Cure, Marysville, 5km, 9am, (201) 245-4201

Vineyard Run, Grove City, 3.5 mile, 9am, Karen Pauquette (614) 277-2700

Red, White and Blue 5K, South Point, 8:30am, 5K, PO Box 1224, South Point, OH 45680

Run, Walk and Boom, Chillicothe, 5km, 9am, Speedy Sneakers (614) 873-7854

Napoleon Triathlon, Napoleon, RacePenguin ( 614) 595-7286

Independent Living 5K, Huntington, WV, 5km, 8am (304) 525-3324

Run for Snacks, Alderson, WV, 5km, 9am, Tri State Racer (304) 416-5822

Fire Department 5K, Elizabeth, WV, 5km, 8am, Tom Crouser (304) 488-8187

White Lighting Half marathon, Pikeville, KY, 13.1 mile, 5km (606) 422-3868

Freedom Run, Carmel, IN, 4.5 mile, 8am, Tuxedo Brothers (317) 733-3300

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DINO Trail Run, North Vernon, IN, 5km, 15km, (317) 336-7553

Race 13.1, Detroit, MI, 13.1 mile, 10km, 5km (615)202-4230

July Celebration Run, Latrobe, PA, 5 mile, 9:30am (724) 537-8417

### **Sunday, July 3**

Captains Grand Slam 5K, Eastlake, 5km, 9am, Geoff Weber (440) 478-5800

Run for the Roses, Grove City, 5km 8am, Jeaninne Wolgamot (614) 282-6292

Firecracker Trot 5K, Worthington Hills, 5km, Craig Thompson (614) 425-1156

Outrun Autism, Nobleville, IN, 5km, 10km (317) 774-8762

### **Monday, July 4**

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Firecracker 5 Mile, Granville, Granville H.S., 5 mile, 7:45am, Steve Stilwell (740) 587-0707,

Clintonville 4 on the 4th, Columbus, 4 mile, 8am, Speedy Sneakers (614) 873-7854

Firecracker 5K, Ansonia, 5km, 9am, John Snyder, PO Box 68, Ansonia, OH 45303 (937) 659-0037

Bay Days 5, Bay Village, 5 mile, CWRRRC, PO Box 771011, Lakewood, OH 44107 (216) 987-8851

Starr Spangled 5K, Oregon, 5km, 8am, Second Sole, 4190 Levis Commons, Perrysburg, OH 43551 (419) 931-8484

YMCA July 4th Races, North Canton, 2 mile, 5 mile, 7:45am, North Canton YMCA, 200 South Main, North Canton, OH 44720 (330) 499-2587

Twin Sizzler, Medina, 5km-7:45am, 10km-9am, Beth Kilhenman, Medina YWCA, 4046 Medina Rd, Medina, OH 44256 (330) 723-4565

4th of July 5K, Stow, 5km, Joshua Ritchie, Running Ritchies, 137 South Ave, Tallmadge, OH 44278 (330) 633-5667

Edgewood 4th 5K, Edgewood, 5km, 7:30am, Steve Prescott (513) 777-1080

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Freedom Fest 5K, Jackson, 5km, 9am, Greg Ervin (740) 286-8218

Free 4 Miler on the Fourth, Miamisburg, 4 mile, 8am, Key Sports (937)776-1977

Smiles for Sophie, Avon Lake, 5km, 9am, Hermes Sports & Events (216) 623-9933

Firecracker 10K, Cleveland, 10km, 7:30am, Hermes Sports & Events (216) 623-9933

Fun Run, Aurora, 5km, 8:30am, HMA Promotions (216) 752-5151

Race for Education, Chardon, 5km, HMA Promotions (216) 752-5151

Star Spangled 5K, Port Clinton, 5km, 9am, Gabe DeFreitas (419) 341-6223

Run for Your Stripes, Tiffin, 5km, 9am, John Kihorany (440) 823-8484

Run 4 Home 5K, Lebanon, 5km, 8:30am, Greg McCormick (513) 652-6225

Violet Festival 5K, Pickerington, 5km, 8am, Speedy Sneakers (614) 873-7854

Freedom Run, East Palestine, 5km, 5K, PO Box 66, East Palestine, OH 44413

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Americana 5k, Centerville, 5km, 7:30am, Speedy Feet Racing (937) 361-6825

Firecracker 5k, Wapakoneta, 5km, 9am, Speedy Feet Racing (937) 361-6825

Free 4 Miler on the Fourth, Miamisburg, 4 mile, 8am Key Sports (937) 776-1977

Freedom 5K, Lima, 5km, 9am, Kurt Neeper (419) 879-3502

Run the Route, Struthers, 5km, 11:30am, 5K, 99 Euclid Ave, Struthers, OH 44471

Freedom 4 Miler, Lewis Center, 4 mile (614) 846-5625

Stars and Stripes 5K, Warren, 5km, 8am, YMCA(330) 394-1565

Firecracker 4 Miler, Canfield, 4 mile, 8:30am, (330) 758-8708

4H 5K, Marion, 5km, 8am, Amy Berridge (740) 223-4040

Freedom Run, Grafton, 5 mile, 8:30am, Dan Saraccina (216) 538-8748

John Barr 5K, Bexley, 5km, 8am, Premier Sports (614) 595-9782

Rotary 5K, Westerville, 5km, 8am, Premier Sports (614) 595-9782

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Red, White & Run, Zanesville, 5km, 8am, Mackenzie Brune (740) 454-4767

Running Four on the Fourth, Morgantown, WV, 4 mile, Morgantown Running (304) 241-5223

Run for Freedom, Avon, IN, 4 mile, (317) 745-3015

Blanton Woods 5K, Danville, IN (317) 745-3015

Jan Neely 5K, Glenshaw, PA (412) 418-471

Firecracker 5K, University Park, PA (814) 574-3188

### **Thursday, July 14 & July 28**

RunGranville Bryn Du Summer Cross Country 3km, Granville, 3km, 7:15pm, Matt McGowan,  
PO Box 238, Granville, OH 43023 (740) 587-0376, [runohio@ee.net](mailto:runohio@ee.net)

[http://runohio.com/files/bryn\\_du\\_summer\\_cc\\_series.pdf](http://runohio.com/files/bryn_du_summer_cc_series.pdf)



## **Sunday, August 14**

Jeff McGowan Memorial 5K, Scioto Audubon Metro Parks, Columbus, 5km, 8:30am, Andy Harris, Columbus Running Company, 765 N. High Street, Suite B, Columbus, OH 43215 (614) 947-7717, Matt McGowan (740) 587-0376 -

<http://runohio.com/index.php/features/1146-jeff-mcgowan-memorial-5k-august-14th>