

**October 5, 2019
David Crockett 10K**

David Crockett State Park, Lawrenceburg
Scott Benefield / Crockett Runners
P. O. Box A / Lawrenceburg, TN 38464
target242@mac.com / 931-629-3567
On-line registration at Reg2Run.com

**October 12, 2019
Race 2 Landing 6 Miles**

Pickwick Landing State Park, Counce
Michael D'Orio / Friends of Pickwick Landing
88 Harris Drive / Bethel Springs, TN 38315
michaeldorio@hotmail.com / 731-607-9098
On-line registration at Reg2Run.com

**October 19, 2019
Pilot Knob 10K**

Nathan Bedford Forrest State Park, Eva
Lisa Bell / Frostbite Running Club
1900 Liberty Road / Camden, TN 38320
bell.lisa1987@yahoo.com / 731-441-1469
On-line registration at Reg2Run.com

**October 26, 2019
Halloween Hunt 5 Miles**

Long Hunter State Park, Hermitage
Amelie Sharp / Frostbite Running Club
117 Lindsey Lane / Murfreesboro, TN 37129
sharprun19@gmail.com / 615-631-4977
On-line registration at Reg2Run.com

**November 2, 2019
Roan Mountain 10K**

Roan Mountain State Park, Roan Mountain
Meg Guy / Roan Mt State Park Running Club
1015 Hwy 143 / Roan Mountain, TN 37687
meg.guy@tn.gov / 423-547-3900
On-line registration at Reg2Run.com

**November 9, 2019
Bigfoot Scramble 5 Miles**

Standing Stone State Park, Hilham
Lynn Burnett / Upper Cumberland Road Runners
811 Peach Drive / Livingston, TN 38570
Liv2run@live.com / 931-823-6124
On-line registration at Reg2Run.com

**November 16, 2019
Chickasaw Chase Quarter Marathon**

Chickasaw State Park, Henderson
Connor Gray / Jackson Roadrunners
398 Oil Well Road / Jackson, TN 38305
danconnor.gray@gmail.com / 731-363-1636
On-line registration at Reg2Run.com

**November 23, 2019
Bear Track 5 Miles**

Rocky Fork State Park, Flagpond
Lisa Hazlett / State of Franklin Track Club
1100 Bellingham Drive / Kingsport, TN 37660
lisa.hazlett77@gmail.com / 423-306-1483
On-line registration at Runsignup.com

**November 30, 2019
Plateau Gobbler Gallop 11K**

Cumberland Mountain State Park, Crossville
Dan Smithhisler / Frostbite Running Club
17 Vanderbilt Road / Mt Juliet, TN 37122
ds1ontherun@hotmail.com / 615-290-0121
On-line registration at Reg2Run.com

**December 7, 2019
Tims Ford Deer Trail 6 Miles**

Tims Ford State Park, Winchester
Denny Elston / Mach Tenn Running Club
204 Tara Blvd / Tullahoma, TN 37388
delston@lighttube.net / 931-455-6553
On-line registration at Reg2Run.com

**December 14, 2019
Over the River 8 Miles**

Paris Landing State Park, Buchanan
Mike Bell / Frostbite Running Club
1900 Liberty Road / Camden, TN 38320
bellm@henryk12.net / 731-441-1468
On-line registration at Reg2Run.com

**December 21, 2019
Pioneer 5 Miles Run**

David Crockett Birthplace State Park, Limestone
Bob Townsend / State of Franklin Track Club
2280 Jockey Road / Limestone, TN 37681
bobtownsend@comcast.net / 423-525-7335
On-line registration at RunSignUp.com

**January 4, 2020
Hill and Dale 8 Miles**

Meeman-Shelby Forest State Park, Millington
Charles and April Flanigan / Memphis Runners T.C.
P. O. Box 17981 / Memphis, TN 38187
Memphisrunners.com / 901-291-9423
aflanigan@memphisrunners.com
On-line registration at RacesOnline.com

**January 11, 2020
Trail of Tears 7 Miles**

Red Clay Historic Area, Cleveland
Dan Smithhisler / Frostbite Running Club
17 Vanderbilt Road / Mt Juliet, TN 37122
ds1ontherun@hotmail.com / 615-290-0121
On-line registration at Reg2Run.com

**January 18, 2020
Fall Creek Thaw 15K**

Fall Creek Falls State Park, Spencer
Roger Gall / Mach Tenn Running Club
204 Tara Blvd / Tullahoma, TN 37388
rsgl@cafes.net / 931-841-3038
On-line registration at Reg2Run.com

**January 25, 2020
Johnsonville Charge 5 Miles**

Johnsonville State Historic Area, New Johnsonville
Bill Redden / Frostbite Running Club
125 Old Pond Lane / Dickson, TN 37055
williambryceredden@gmail.com / 931-622-3826
On-line registration at Reg2Run.com

**February 1, 2020
Cedars Frostbite Half Marathon**

Cedars of Lebanon State Park, Lebanon
Vickie Spickard / Frostbite Running Club
127 McGavock Pike / Nashville, TN 37214
vs2357@aol.com / 615-456-8779
On-line registration at Reg2Run.com

**February 8, 2020
Two Lakes Run 10K**

Montgomery Bell State Park, Burns
Angela Redden / Frostbite Running Club
125 Old Pond Lane / Dickson, TN 37055
reddeangela@gmail.com / 931-622-1843
On-line registration at Reg2Run.com

**February 15, 2020
The War Party 10K**

Warriors Path State Park, Kingsport
Lisa Hazlett / State of Franklin Track Club
1100 Bellingham Drive / Kingsport, TN 37660
lisa.hazlett77@gmail.com / 423-306-1483
On-line registration at Runsignup.com

February 23, 2020

Snow Day

**February 29, 2020
Race on the Trace 5 Miles**

Natchez Trace State Park, Wildersville
Danny Crossett / Jackson Road Runners
130 Coatsland Drive, Jackson, TN 38301
danny@crossett.com / 731-234-2745
On-line registration at Reg2Run.com

**February 29, 2020
Annual Awards Banquet**

Natchez Trace State Park, Wildersville
Banquet with Championship Award Ceremony
at 6:30 PM Central Time.
Book your room or cabin ahead of time.

**All races start at 11:00 AM local
time. Check the time zone.**

Each sponsoring running club is responsible for registration, results and awards. Park is responsible for providing facilities and traffic control. Note to Race Directors, the award categories for each race are separate from the Grand Prix categories. In case of inclement weather, please, contact the Race Director by 5:00 PM local time the day before the race.

Minimum Age Group Awards

Men and Women

19 and under	50-59
20-29	60-69
30-39	70+
40-49	