

October 2022

Date	Race	Location	Website	Last Updated
10/8	Sticks and Stones 15k Trail Run	Babcock State Park	Website	10/1/2022
10/8	Alex Aldridge 11th Annual 5k Run & Walk	Camp Creek State Park	Website	10/1/2022
10/8	Unicoi County Apple Festival 4 Mile Run & 3k Walk	Erwin, TN	Athlinks	10/1/2022
10/8	YMCA Glow Crazy 5k Run/Walk	Kingsport, TN	Athlinks	10/1/2022
10/8	Molly's Knob Challenge	Hungry Mother State Park	Website	10/1/2022
10/8	37th Annual Indian Run	Pocahontas, VA	Website	10/1/2022
10/15	Bridge Day 5k Run	Fayetteville, WV	RunSignUp	10/1/2022
10/15	Spooky Express 5k	Bristol, TN	Athlinks	10/1/2022
10/22	Medota Trail Cut to the Chase 5k and 1 Mile Walk	Bristol, VA	Athlinks	10/1/2022
10/22	Into the Darkness 4 Mile Night Trail Run	Roanoke, VA	RunSignUp	10/1/2022
10/22	Wyvern 5k/10k	New River Trail State Park	RunSignUp	10/1/2022
10/22	Itty Bitty Kitty 2 Miler	Saint Albans, WV	RunSignUp	10/1/2022
10/22	Appalachian School of Law Memorial 5k	Grundy, VA	RunSignUp	10/1/2022
10/23	Niswonger Children's Hospital Scarecrow Skedaddle 5k Run/Walk and 1 Mile	Johnson City, TN	Athlinks	10/1/2022
10/23	Jaunt for Justice 5k	Roanoke, VA	RunSignUp	10/1/2022
10/23	Kanawha State Forest Classic Trail Half Marathon and 5k	Charleston, WV	RunSignUp	10/1/2022
10/23	Monster 5k Dash	Huntington, WV	RunSignUp	10/1/2022
10/29	Spooky Sprint 5k	Roanoke, VA	RunSignUp	10/1/2022
10/29	46th Annual Pipestem Pumpkin Run 5k/10k	Pipestem State Park	Registration Form	10/1/2022
10/29	Haunted Half Marathon and Relay	Jonesborough, TN	Athlinks	10/1/2022
10/29	3rd Annual Hurricane Honor Trail Race 5k/10k	Hurricane, WV	RunSignUp	10/1/2022
10/29	Brush Mountain Breakdown	Pandapas Pond	Website	10/1/2022