

KEN LONG & ASSOCIATES

31 years of experience organizing runs, walks & training programs

2010 SCHEDULE OF EVENTS

- Jan 1 * Resolution Revolution, downtown Indianapolis
- Jan 26, 27 * Bricks to Bricks Training Program
to May 8
- Feb 20 * Polar Bear 5 Mile & 5K
- Mar 20 * Great North 5K Run
- Mar 27 Westfield Underground Railroad 5K
- April 18 * Bricks to Bricks 10-Mile Training Run/Walk for the Mini
- April 24 * Noblesville Education Foundation 5K & Kids Mile
- May 8 * "Yes, I Did It!" tent at the Mini
- May 12 * KLA's Bricks to Bricks Victory Dinner
- June 12 ** Beat the Heat 5 Mile (night event)
- July 20 to ** KLA's Marathon & Half Marathon Training Program
Nov 9
- July 231 ** POG 8K – Morristown
- Aug 28 ** Do Run Run 15K & 4-Mile, Indianapolis
- Sep 18 ** Irish Fest 5K – Military Park, Indianapolis
- Sep 19 ** Irish Fest Kilted Mile – Military Park, Indianapolis
- Sep 26 ** Crossroads of America 20 Mile / 20K
- Oct 23 ** Saturday night - Moonlight 4 Miler, Ind. War Memorial
- Nov 19 ** KLA's Marathon & Half Marathon Training Program Victory
Dinner

Go to our website for updates & changes to the schedule

(Additional events are pending)

* *Step Up to the Mini Event*

** *Step Up to the Marathon Event*