

2022 ROCHESTER RUNNER OF THE YEAR SERIES CALENDAR

The Greater Rochester Track Club is pleased to present the 2022 Rochester Runner of the Year Series (RROY) lineup. To compete in RROY, run at least four of these races. Your top six race scores will give you points. You don't need to be a GRTC member to compete, and there is no separate registration to enter. Just show up and run.

Two races' dates are to be determined (TBD). Watch their websites for updates.

Some races offer multiple distances (ex. 5K and 10K); be sure to race the distance that is part of the series to have that time count.

For details on scoring, check our website at: [Series Rules & Scoring | RROY \(rochesterrunneroftheyear.org\)](https://rochesterrunneroftheyear.org)

Good luck!

Date	Race	Distance
3/12	Runnin' of the Green 5-Miler	5 Miles
5/23	Lilac Run (10K)	6.2 Miles
6/10-11	Charlie McMullen Mile	1 Mile
6/18	Stache Dash	3.1 Miles
TBD (Likely 6/19)	Medved 5K to Cure ALS	3.1 Miles
8/28	Black Diamond Express 5K	3.1 miles
9/4	Oaktree Half Marathon	13.1 Miles
10/22	Scare Brain Cancer Away 5K	3.1 Miles
9/10	Heritage Hero 10K	6.2 Miles
TBD (Likely 11/5)	Grocery Run 5K	3.1 Miles
11/24	Feast of Burden	5 Miles