

2023



The Rochester Runner of the Year Series is organized by Greater Rochester Track Club (GRTC) in conjunction with each race's director.

| Rate | Race | Distance |
|-------|--|------------|
| 3/11 | Runnin' of the Green 5-Miler | 5 Miles |
| 5/21 | Lilac Run (10K) | 6.2 Miles |
| 6/9 | Charlie McMullen Mile | 1 Mile |
| 6/17 | Stache Dash | 3.1 Miles |
| 6/18 | June Jaunt | 3.1 Miles |
| 7/16 | Jungle Jog (New for 2023!) | 3.1 Miles |
| 8/27 | Black Diamond Express Half Marathon (New Distance for 2023!) | 13.1 Miles |
| 9/3 | Oaktree Half Marathon | 13.1 Miles |
| 9/9 | Heritage Hero 10K | 6.2 Miles |
| 9/10 | The Potato Run (New for 2023!) | 6.2 Miles |
| 10/21 | Scare Brain Cancer Away 5K | 3.1 Miles |
| 11/4 | Grocery Run 5K | 3.1 Miles |
| 11/23 | Feast of Burden | 5 Miles |