



2026 Miles for Maniacs

Updated for 2026! With an increasing number of Mile Races, the New Jersey Association is updating the Miles for Maniacs program for 2026.

ATR CATEGORY: ALL TERRAIN RUNNER

Like to mix it up? For 2026 Three Miles is all it takes. Run a Mile on the road, a Mile on the track and a Mile Cross Country / Trail Mile. Your best mile in each of the three categories counts toward your total.

The 50/50 CATEGORY: TWO ROAD MILES/ TWO TRACK MILES

Can't Decide? Run Two Road Miles and Two Track Miles. Four total races. Your best two Road Miles and Best two Track Miles (includes 1500 meters counts toward your year end total.

ROAD WARRIOR CATEGORY: ROAD MILE ONLY Unleash you inner Mad Max!

Run three Road Miles. Your top three Road Miles counts toward your year end total.

WILL IT GO ROUND IN CIRCLES:?? TRACK MILE (1500 Meter)

Run three Track Miles. Your top three Track Miles counts toward your year end total.

SCORING

Overall Winners. Top three Men and Women. *Minimum age to compete 16 years old.*

Top Three Men and Women will be recognized in the overall category.

U20, Open and Masters divisions. In the Open 16-39 category will be broken down into divisions starting with 16-19 **U20** then into 5 year age group categories 20-25, 25-29, 30-34, 35-39, 40-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99.

Overall winner in each age division will be recognized.

Overall Masters Winners. Masters Division. *Minimum 40 years old.*

Top three Men and Women will be recognized.

*Overall Masters winners are determined based on current **PLP age grading**. (not time).*