

2020 Landrunner Resume Spring Training Group Runs

**Dates and Locations subject to change - weekly emails will have the most up to date information

Week	Date	Time	Sunrise Time	Half Marathoners	Marathoners	Location**2020
1	Saturday, June 13, 2020	7:30 a.m.	7:40	3	6	
2	Saturday, June 20, 2020	7:00 a.m.	7:39	4	8	
3	Saturday, June 27, 2020	7:00 a.m.	7:38	5	10	
4	Saturday, July 4, 2020	7:00 a.m.	7:34	6	12	
5	Saturday, July 11, 2020	7:00 a.m.	7:29	5	10	
6	Saturday, July 18, 2020	7:00 a.m.	7:23	7	14	
7	Saturday, July 25, 2020	7:00 a.m.	7:16	8	16	
8	Saturday, August 1, 2020	7:00 a.m.	7:08	7	14	
9	Saturday, August 8, 2020	7:00 a.m.	6:59	9	18	
10	Sunday, August 16, 2020	7:30 a.m.	6:50	10	20	OKCMM Course
11	Saturday, August 22, 2020	7:00 a.m.	7:40	7	14	
12	Sunday, August 30, 2020	7:00 a.m.	7:29	10	20	OKCMM Course
13	Saturday, September 5, 2020	7:00 a.m.	7:20	7	14	
14	Sunday, September 13, 2020	6:30 a.m.	7:09	10	20	OKCMM Course
15	Saturday, September 19, 2020	6:30 a.m.	7:01	7	14	
16	Saturday, September 26, 2020	6:30 a.m.	6:52	5	10	First Church - Pancake Breakfast
17	Sunday, October 4, 2020	6:30 a.m.	6:42	13.1	26.2	OKC Memorial Marathon
				123.10	246.2	
	Suggested for Route 66.....					
	Saturday, October 10, 2020	7:00 a.m.		Resume to easy run on October 10 - not over 10 miles		
	Saturday, October 17, 2020	7:00 a.m.		7	14	
	Saturday, October 24, 2020	7:00 a.m.		8	16	
	Saturday, October 31, 2020	7:00 a.m.		10	20	
	11/1/2020 Fall Daylight Saving Time - Fall Back 1 Hour					
	Saturday, November 7, 2020	7:30 a.m.		7	14	
	Saturday, November 14, 2020	7:30 a.m.		5	10	
	Sunday, November 22, 2020	6:30 a.m.		13.1	26.2	Route 66 Marathon