

2020 Landrunner 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, January 4, 2020	7:30 a.m.	7:40	3	6	
2	Saturday, January 11, 2020	7:00 a.m.	7:39	4	8	
3	Saturday, January 18, 2020	7:00 a.m.	7:38	5	10	
4	Saturday, January 25, 2020	7:00 a.m.	7:34	6	12	
5	Saturday, February 1, 2020	7:00 a.m.	7:29	5	10	
6	Saturday, February 8, 2020	7:00 a.m.	7:23	7	14	
7	Saturday, February 15, 2020	7:00 a.m.	7:16	8	16	
8	Saturday, February 22, 2020	7:00 a.m.	7:08	7	14	
9	Saturday, February 29, 2020	7:00 a.m.	6:59	9	18	
10	Saturday, March 7, 2020	7:30 a.m.	6:50	9	15.5	Panera Becon 15K / 25K ???
Sunday March 8 Daylight Saving Time						
11	Saturday, March 14, 2020	7:00 a.m.	7:40	7	14	
12	Sunday, March 22, 2020	7:00 a.m.	7:29	10	20	OKCMM Course
13	Saturday, March 28, 2020	7:00 a.m.	7:20	7	14	
14	Sunday, April 5, 2020	6:30 a.m.	7:09	10	20	OKCMM Course
15	Saturday, April 11, 2020	6:30 a.m.	7:01	7	14	
16	Saturday, April 18, 2020	6:30 a.m.	6:52	5	10	
17	Sunday, April 26, 2020	6:30 a.m.	6:42	13.1	26.2	OKC Memorial Marathon
				122.40	241.7	