

2019 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**
1	Saturday, January 05, 2019	7:30 a.m.	7:40	3	6	First Church
2	Saturday, January 12, 2019	7:00 a.m.	7:39	4	8	OKC Memorial Host - Camille Herron
3	Saturday, January 19, 2019	7:00 a.m.	7:38	5	10	Life Church
4	Saturday, January 26, 2019	7:00 a.m.	7:34	6	12	Stockyard City
5	Saturday, February 02, 2019	7:00 a.m.	7:29	5	10	Remington Park
6	Sunday, February 10, 2019	7:00 a.m.	7:23	7	14	Boathouse
7	Saturday, February 16, 2019	7:00 a.m.	7:16	8	16	Life Church
8	Saturday, February 23, 2019	7:00 a.m.	7:08	7	14	Boathouse
9	Saturday, March 02, 2019	7:00 a.m.	6:59	9	18	Ferris Wheel
10	Saturday, March 09, 2019	7:30 a.m.	6:50	9	15.5	Panera Beacon Run 25K, 15K, 5K @ Lake Hefner East Wharf
Sunday March 10 Daylight Saving Time						
11	Saturday, March 16, 2019	7:00 a.m.	7:40	7	14	Boathouse - North Course
12	Sunday, March 24, 2019	7:00 a.m.	7:29	10	20	OKCMM Course
13	Saturday, March 30, 2019	7:00 a.m.	7:20	7	14	Lake Draper - new trail
14	Sunday, April 07, 2019	6:30 a.m.	7:09	10	20	OKCMM Course
15	Saturday, April 13, 2019	6:30 a.m.	7:01	7	14	Ferris Wheel
16	Saturday, April 20, 2019	6:30 a.m.	6:52	5	10	First Church - Pancake Breakfast
17	Sunday, April 28, 2019	6:30 a.m.	6:42	13.1	26.2	OKC Memorial Marathon
				122.40	241.7	