

# 2018 Landrunner Fall Training Group Runs

*\*DATES, TIMES & LOCATIONS ARE SUBJECT TO CHANGE*

Week	Sunrise Time	Date	Start Time	Marathon	Half Marathon
1	6:35	Saturday, July 28, 2018	6:30 AM	6	3
2	6:40	Saturday, August 4, 2018	6:30 AM	8	4
3	6:46	Saturday, August 11, 2018	6:30 AM	10	5
4	6:51	Saturday, August 18, 2018	6:30 AM	12	6
5	6:57	Saturday, August 25, 2018	6:30 AM	10	5
6	7:02	Saturday, September 1, 2018	6:30 AM	14	7
7	7:07	Saturday, September 8, 2018	6:30 AM	16	8
8	7:12	Saturday, September 15, 2018	6:30 AM	14	7
9	7:18	Saturday, September 22, 2018	7:00 AM	18	9
10	7:23	Saturday, September 29, 2018	7:00 AM	20	10
11	7:29	Saturday, October 6, 2018	7:00 AM	14	7
12	7:34	Saturday, October 13, 2018	7:00 AM	20	10
13	7:40	Saturday, October 20, 2018	7:00 AM	14	7
14	7:47	Saturday, October 27, 2018	7:00 AM	20	10
15	7:53	Saturday, November 3, 2018	7:00 AM	14	7
Sunday, November 4, 2018			Daylight Savings Time Fall Back		
16	7:00	Saturday, November 10, 2018	7:00 AM	10	5
17	7:08	Sunday, November 18, 2018	8:00 AM	26.2	13.1
				246.2	123.1