

# 2018 Landrunner Fall Training Group Runs

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

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