

2019 Landrunner Fall Training Group Runs

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

Week	Sunrise Time	Date	Start Time	Marathon	Half Marathon	Location
1	6:39	Saturday, August 3, 2019	6:30 AM	6	3	Ferris Wheel
2	6:45	Saturday, August 10, 2019	6:30 AM	8	4	Ferris Wheel
3	6:50	Saturday, August 17, 2019	6:30 AM	10	5	
4	6:56	Saturday, August 24, 2019	6:30 AM	12	6	
5	7:01	Saturday, August 31, 2019	6:30 AM	10	5	
6	7:06	Saturday, September 7, 2019	6:30 AM	14	7	
7	7:11	Saturday, September 14, 2019	6:30 AM	16	8	
8	7:17	Saturday, September 21, 2019	6:30 AM	14	7	
9	7:22	Saturday, September 28, 2019	7:00 AM	18	9	
10	7:27	Saturday, October 5, 2019	7:00 AM	20	10	Lake Hefner
11	7:33	Saturday, October 12, 2019	7:00 AM	14	7	
12	7:39	Saturday, October 19, 2019	7:00 AM	20	10	Lake Hefner
13	7:45	Saturday, October 26, 2019	7:00 AM	14	7	
14	7:52	Saturday, November 2, 2019	7:00 AM	20	10	Lake Hefner
		Sunday, November 4, 2018	Daylight Savings Time Fall Back			
15	6:51	Saturday, November 9, 2019	7:00 AM	14	7	
16	7:06	Saturday, November 16, 2019	7:00 AM	10	5	
17	7:14	Sunday, November 24, 2019	8:00 AM	26.2	13.1	Tulsa Rt. 66 Marathon
				246.2	123.1	