

## 2021 Landrunner OCMM & Tulsa 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, June 12, 2021	6:30 a.m.	6:14	3	6	
2	Saturday, June 19, 2021	6:30 a.m.	6:14	4	8	
3	Saturday, June 26, 2021	6:30 a.m.	6:16	5	10	
4	Saturday, July 3, 2021	6:30 a.m.	6:19	6	12	
5	Saturday, July 10, 2021	6:30 a.m.	6:23	5	10	
6	Saturday, July 17, 2021	6:30 a.m.	6:27	7	14	
7	Saturday, July 24, 2021	6:30 a.m.	6:32	8	16	
8	Saturday, July 31, 2021	6:30 a.m.	6:38	7	14	
9	Saturday, August 7, 2021	6:30 a.m.	6:43	9	18	
10	Sunday, August 15, 2021	6:30 a.m.	6:49	10	20	OKCMM Course
11	Saturday, August 21, 2021	6:30 a.m.	6:54	7	14	
12	Sunday, August 29, 2021	6:30 a.m.	7:00	10	20	OKCMM Course
13	Saturday, September 4, 2021	6:30 a.m.	7:04	7	14	
14	Sunday, September 12, 2021	6:30 a.m.	7:10	10	20	OKCMM Course
15	Saturday, September 18, 2021	7:00 a.m.	7:15	7	14	
16	Saturday, September 25, 2021	7:00 a.m.	7:20	5	10	
17	Sunday, October 3, 2021	6:30 a.m.	7:26	13.1	26.2	OKC Memorial Marathon
				123.10	246.2	

### Tulsa Route 66.....resume to easy runs on October 9

1	Saturday, October 9, 2021	7:30 a.m.	7:31	5	10	
2	Saturday, October 16, 2021	7:30 a.m.	7:37	7	14	
3	Saturday, October 23, 2021	7:30 a.m.	7:43	8	16	
4	Saturday, October 30, 2021	7:30 a.m.	7:50	10	20	
5	Saturday, November 6, 2021	7:30 a.m.	7:56	7	14	
11/7/2020 Fall Daylight Saving Time - Fall Back 1 Hour						
6	Saturday, November 13, 2021	7:30 a.m.	7:03	5	10	
7	Sunday, November 21, 2021	8:00 a.m.	7:11	13.1	26.2	Route 66 Marathon