

## 2022 Landrunner Fall Training Group Runs

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

Week	Sunrise Time	Date	Start Time	Marathon	Half Marathon	Location
1	6:37	Saturday, July 30, 2022	6:30 AM	6	3	
2	6:42	Saturday, August 6, 2022	6:30 AM	8	4	
3	6:47	Saturday, August 13, 2022	6:30 AM	10	5	
4	6:53	Saturday, August 20, 2022	6:30 AM	12	6	
5	6:58	Saturday, August 27, 2022	6:30 AM	10	5	
6	7:03	Saturday, September 3, 2022	6:30 AM	14	7	
7	7:09	Saturday, September 10, 2022	6:30 AM	16	8	
8	7:14	Saturday, September 17, 2022	6:30 AM	14	7	
9	7:19	Saturday, September 24, 2022	7:00 AM	18	9	
10	7:25	Saturday, October 1, 2022	7:00 AM	20	10	
11	7:30	Saturday, October 8, 2022	7:00 AM	14	7	
12	7:36	Saturday, October 15, 2022	7:00 AM	20	10	
13	7:42	Saturday, October 22, 2022	7:00 AM	14	7	
14	7:49	Saturday, October 29, 2022	7:00 AM	20	10	
15	7:55	Saturday, November 5, 2022	7:00 AM	14	7	
<b>Clocks back 1 hour Sunday Nov 6, 2022</b>						
16	7:02	Saturday, November 12, 2022	7:00 AM	10	5	
17	7:10	Sunday, November 20, 2022	8:00 AM	26.2	13.1	Tulsa Rt. 66 Marathon
				246.2	123.1	