

2022 Landrunner OKC Memorial Marathon 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**2022
1	Saturday, January 1, 2022	8:30 a.m.	7:39	3	6	
2	Saturday, January 8, 2022	7:30 a.m.	7:39	4	8	
3	Saturday, January 15, 2022	7:30 a.m.	7:38	5	10	
4	Saturday, January 22, 2022	7:30 a.m.	7:35	6	12	
5	Saturday, January 29, 2022	7:30 a.m.	7:31	5	10	
6	Saturday, February 5, 2022	7:30 a.m.	7:26	7	14	
7	Saturday, February 12, 2022	7:30 a.m.	7:19	8	16	
8	Saturday, February 19, 2022	7:30 a.m.	7:11	7	14	
9	Saturday, February 26, 2022	7:30 a.m.	7:03	9	18	
10	Sunday, March 6, 2022	7:00 a.m.	6:53	10	20	OKCMM Course
11	Saturday, March 12, 2022	7:00 a.m.	6:44	7	14	
12	Sunday, March 20, 2022	7:00 a.m.	7:33	10	20	OKCMM Course
13	Saturday, March 26, 2022	7:00 a.m.	7:25	7	14	
14	Sunday, April 3, 2022	6:30 a.m.	7:13	10	20	OKCMM Course
15	Saturday, April 9, 2022	6:30 a.m.	7:05	7	14	
16	Saturday, April 16, 2022	6:30 a.m.	6:56	5	10	
17	Sunday, April 24, 2022	6:30 a.m.	6:46	13.1	26.2	OKC Memorial Marathon
				123.10	246.2	