

2023 Landrunner OKC Fall 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
1	Saturday, July 29, 2023	6:30 a.m.	6:36	3	6	
2	Saturday, August 5, 2023	6:30 a.m.	6:41	4	8	
3	Saturday, August 12, 2023	6:30 a.m.	6:46	5	10	
4	Saturday, August 19, 2023	6:30 a.m.	6:52	6	12	
5	Saturday, August 26, 2023	6:30 a.m.	6:57	5	10	
6	Saturday, September 2, 2023	6:30 a.m.	7:02	7	14	
7	Saturday, September 9, 2023	6:30 a.m.	7:08	8	16	
8	Saturday, September 16, 2023	7:00 a.m.	7:13	7	14	
9	Saturday, September 23, 2023	7:00 a.m.	7:18	9	18	
10	Saturday, September 30, 2023	7:00 a.m.	7:24	10	20	
11	Saturday, October 7, 2023	7:00 a.m.	7:29	7	14	
12	Saturday, October 14, 2023	7:30 a.m.	7:35	10	20	
13	Saturday, October 21, 2023	7:30 a.m.	7:41	7	14	
14	Saturday, October 28, 2023	7:30 a.m.	7:47	10	20	
15	Saturday, November 4, 2023	7:30 a.m.	7:54	7	14	
16	Saturday, November 11, 2023	7:30 a.m.	7:01	5	10	
17	Sunday, November 19, 2023	8:00	7:09	13.1	26.2	Tulsa Route 66
				123.10	246.2	