

# 2023 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
	Sunday, January 1, 2023	8:30 a.m.	7:39			Scissortail - 1st Day Walk
1	Saturday, January 7, 2023	7:30 a.m.	7:39	3	6	Memorial Kickoff
2	Saturday, January 14, 2023	7:30 a.m.	7:38	4	8	
3	Saturday, January 21, 2023	7:30 a.m.	7:36	5	10	
4	Saturday, January 28, 2023	7:30 a.m.	7:32	6	12	
5	Saturday, February 4, 2023	7:30 a.m.	7:27	5	10	
6	Saturday, February 11, 2023	7:30 a.m.	7:20	7	14	
7	Saturday, February 18, 2023	7:30 a.m.	7:13	8	16	
8	Saturday, February 25, 2023	7:30 a.m.	7:05	7	14	
9	Saturday, March 4, 2023	7:30 a.m.	6:56	9	18	
10	Sunday, March 12, 2023	7:00 a.m.	7:45	10	20	Clock Change
11	Saturday, March 18, 2023	7:00 a.m.	7:36	7	14	
12	Sunday, March 26, 2023	7:00 a.m.	7:25	10	20	OKCMM Course
13	Saturday, April 1, 2023	7:00 a.m.	7:16	7	14	
14	Sunday, April 9, 2023	6:30 a.m.	7:05	10	20	OKCMM Course
15	Saturday, April 15, 2023	6:30 a.m.	6:57	7	14	
16	Saturday, April 22, 2023	6:30 a.m.	6:48	5	10	
17	Sunday, April 30, 2023	6:30 a.m.	6:39	13.1	26.2	OKC Memorial Marathon
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