

2024 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, January 6, 2024	7:30 a.m.	7:39	3	6	OKC Memorial Marathon - Scissortail
2	Saturday, January 13, 2024	7:30 a.m.	7:39	4	8	
3	Saturday, January 20, 2024	7:30 a.m.	7:38	5	10	
4	Saturday, January 27, 2024	7:30 a.m.	7:36	6	12	
5	Saturday, February 3, 2024	7:30 a.m.	7:32	5	10	
6	Saturday, February 10, 2024	7:30 a.m.	7:27	7	14	
7	Saturday, February 17, 2024	7:30 a.m.	7:20	8	16	
8	Saturday, February 24, 2024	7:00 a.m.	7:13	7	14	
9	Saturday, March 2, 2024	7:00 a.m.	7:05	9	18	
10	Saturday, March 9, 2024	7:00 a.m.	6:56	10	20	Sunday spring forward
11	Saturday, March 16, 2024	7:00 a.m.	7:45	7	14	
12	Sunday, March 24, 2024	7:00 a.m.	7:36	10	20	
13	Saturday, March 30, 2024	7:00 a.m.	7:25	7	14	
14	Sunday, April 7, 2024	6:30 a.m.	7:16	10	20	
15	Saturday, April 13, 2024	6:30 a.m.	7:05	7	14	
16	Saturday, April 20, 2024	6:30 a.m.	6:57	5	10	
17	Saturday, April 27, 2024	6:30 a.m.	6:48	13.1	26.2	OKC Memorial Marathon
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