

Albany Run Walk



2020/2021
TRAINING
SEASON

WEEK	DATE	FULL	HALF	LOCATION	INFO
	1/7/00	20	10	St. Patrick's Episcopal Church	Double Digits for Halfers!
20	1/14/00	8	4	Sherwood Baptist Church	recovery
MORE MILES! (due to Snickers Marathon postponed to 4/17)					
21	1/23/21	5	5	Albany Museum of Art @ 7 a.m.	recovery
22	1/30/21	12	6	Clay Spot @ 6:30 a.m.	
23	2/6/21	5	5	Quail Pines @ 7 a.m.	recovery
24	2/13/21	23	11.5	TBA	Long Run!
25	2/20/21	5	5	River Pointe @ 7 a.m.	Freestyle 5K or more!
26	2/27/21	8	8	YMCA @ 6:30 a.m.	
27	3/6/21	2.62	2.62	Wild Side Running (Original Race Day) @ 7 a.m.	Gear up for next Saturday!
28	3/13/21	26.2	13.1	St. Patrick's Episcopal Church @ 6:30 a.m.	Practice Race!
29	3/20/21	4.1	4.1	Meredyth Place @ 7 a.m.	Celebrate Adrienne's 41st!
30	3/27/21	5	5	TBA @ 7 a.m.	
31	4/3/21	10K	5K	Gray Dome Church @ 7 a.m.	April Fools Run!
32	4/10/21	2.62	2.62	Wild Side Running @ 7 a.m.	Mini-marathon!
33	4/17/21	26.2	13.1	Snickers Marathon @ 6:30 a.m.	Group Pic @ 6:30!!
34	4/24/21			AFTER PARTY!	AFTER PARTY