

# Albany Run Walk

2021/2022  
TRAINING SEASON

WEEK	DATE	FULL	HALF	LOCATION	INFO
1	9/11/21	2.62	2.62	Phoebe Northwest	<b>Kick Off!</b>
2	9/18/21	3	3	ASU West Campus (Darton)	<b>Magic Mile</b>
3	9/25/21	4	4	ASU West Campus (Darton)	
4	10/2/21	5	5	Quail Pines	
5	10/9/21	8	4	Sherwood Forest	
6	10/16/21	10	5	St. Patrick's/Callaway Lakes	<b>Double Digits for Fullers!</b>
7	10/23/21	5K	5K	Gray Dome church	<b>Recovery</b>
8	10/30/21	12	6	Clay Spot	
9	11/6/21	5	5	YMCA	
10	11/13/21	14	7	Doublegate	
11	11/20/21	5	5	Porterfield	
12	11/27/21	4	4	River Pointe Golf Club (park at Colony Bank on Phelima)	<b>After Turkey Trot</b>
13	12/4/21	10K	10K	Tift Park	<b>Jingle Bell Jog</b>
14	12/11/21	16	8	Gillionville/Weymouth	<b>Long run!</b>
15	12/18/21	4	4	Sherwood Forest	<b>Holiday Hats</b>
16	12/25/21	X	X	<b>Holiday Break</b>	<b>Merry Christmas!</b>
17	1/1/22	5K	5K	<b>New Year Run - TBA</b>	<b>Happy 2022!</b>
18	1/8/22	20	10	St. Patrick's/Callaway Lakes	<b>Double Digits for Halfers!</b>
19	1/15/22	5	5	Quail Pines	<b>Recovery</b>
20	1/22/22	23	11.5	Doublegate	<b>Long run!</b>
21	1/29/22	5	5	YMCA	<b>Recovery</b>
22	2/5/22	4	4	Meredyth Place	
23	2/12/22	26.2	13.1	St. Patrick's/Callaway Lakes	<b>Practice Race!!</b>
24	2/19/22	4	4	Gillionville/Weymouth	<b>Recovery</b>
25	2/26/22	5K	5K	Gray Dome church	
26	3/5/22	26.2	13.1	<b>SNICKERS MARATHON &amp; HALF MARATHON</b>	<b>RACE DAY</b>
27	3/12/22	0.0	0.0	What comes before Part B? ----->	<b>PART A</b>