

Albany Run Walk

2022/2023
TRAINING SEASON

WEEK	DATE	FULL	HALF	LOCATION	INFO
1	9/10/22	2.62	2.62	Phoebe Northwest	Kick Off!
2	9/17/22	3	3	ASU West Campus (Darton)	Paced Mile
3	9/24/22	4	4	ASU West Campus (Darton)	
4	10/1/22	5	5	Quail Pines	
5	10/8/22	8	4	Sherwood Forest	or Pink Run (FREC)
6	10/15/22	10	5	Quail Pines	
7	10/22/22	10K	5K	Hope City (Gray Dome) or Barney's Run for Warriors	Barnie's 5K, 10K, or 13.1!
8	10/29/22	13	6.5	Surprise Halloween Run! Location TBA	or Monster Dash (FREC)
9	11/5/22	5K	5K	YMCA Chili Run	5K
10	11/12/22	14	7	Doublegate	
11	11/19/22	5	5	Porterfield	or Turkey Trot (FREC)
12	11/26/22	17	8.5	St. Patrick's/Callaway Lakes	
13	12/3/22	4	4	Weymouth/Gillionville	
14	12/10/22	10K	10K	Tift Park	Jingle Bell Jog
15	12/17/22	20	10	St. Patrick's/Callaway Lakes	
16	12/24/22	X	X	Holiday Break	Merry Christmas!
17	12/31/22	?	?	New Year Run - TBA	Happy 2022!
18	1/7/23	8	4	Sherwood Forest	
19	1/14/23	23	11.5	Doublegate	
20	1/21/23	5	5	Porterfield	
21	1/28/23	5	5	Quail Pines	
22	2/4/23	26.2	13.1	St. Patrick's/Callaway Lakes	or Donna in Jax. FL
23	2/11/23	3	3	Meredyth Place	Sweet Run
24	2/18/23	5	5	YMCA	
25	2/25/23	5K	5K	Hope City (Gray Dome)	
26	3/4/23	26.2	13.1	COMBOS MARATHON & HALF MARATHON	RACE DAY
27	3/11/23	0.0	0.0	What comes before Part B? ----->	PART A