

Albany Run Walk

2023/2024
TRAINING SEASON

WEEK	DATE	FULL	HALF	LOCATION	INFO
1	9/9/23	2.62	2.62	Phoebe Northwest	Kick Off!
2	9/16/23	3	3	River Pointe (Colony Bank on Phelima)	Paced Mile
3	9/23/23	4	4	Albany Museum of Art	
4	9/30/23	5	5	Quail Pines	
5	10/7/23	8	4	Sherwood Forest	
6	10/14/23	10	5	Quail Pines	
7	10/21/23	10K	5K	Hope City Church (Stuart Ave.)	
8	10/28/23	12	6	Surprise location - TBA	
9	11/4/23	5K	5K	YMCA	
10	11/11/23	14	7	Doublegate	
11	11/18/23	5	5	Porterfield	Barney's or Turkey Trot
12	11/25/23	17	8.5	St. Patrick's/Callaway Lakes	
13	12/2/23	4	4	Weymouth/Gillionville	
14	12/9/23	10K	10K	Tift Park	Jingle Bell Jog
15	12/16/23	5K	5K	Hope City Church (Stuart Ave.)	
16	12/23/23	X	X	Holiday Break	Merry Christmas!
17	12/30/23	?	?	New Year Run - TBA	Happy 2023!
18	1/6/24	20	10	St. Patrick's/Callaway Lakes	
19	1/13/24	5	5	River Pointe (Colony Bank on Phelima)	
20	1/20/24	23	11.5	Doublegate	
21	1/27/24	5	5	Quail Pines	
22	2/3/24	3	3	Meredyth Place	
23	2/10/24	26.2	13.1	St. Patrick's/Callaway Lakes	
24	2/17/24	5	5	YMCA	
25	2/24/24	5K	5K	Hope City Church (dome building on Stuart Ave.)	
26	3/2/24	26.2	13.1	COMBOS MARATHON & HALF MARATHON	RACE DAY
27	3/9/24	0.0	0.0	What comes before Part B? ----->	PART A