



## 2012 Oklahoma City Memorial Marathon and Half Marathon

### Saturday Long Run Mileage Summary

Date	Start Location	Beginner Half	Advanced Half	Beginner Full	Intermediate Full	Advanced Full	Local Running Events
Dec 17	VP	3	5	4	5	6	Garden of Lights 5k
Dec 24	VP	4	6	5	6	8	
Dec 31	VP	5	7	6	7	7	Race Into the New Year, Polar Bear Plunge
Jan 7	EXPO	5	8	7	8	10	
Jan 14	EXPO	6	6	8	9	12	
Jan 21	EXPO	7	9	9	10	10	
Jan 28	VP	5	5	5	5	14	
Feb 4	VP	8	10	10	12	16	
Feb 11	LEE	5	5	5	5	5	Poker Run
Feb 18	JENKS	9	11	12	14	16	St John Indoor Triathlon
Feb 25	JENKS	5	6	7	7	8	TRC Post Oak Trail Challenge
Mar 3	JENKS	10	12	14	16	18	
Mar 10	VP	6	6	8	8	18	
Mar 17	VP	11	13	16	18	11	St Patrick's Day 5k
Mar 24	VP	6	7	8	9	20	
Mar 31	VP	12	14	18	20	20	Wish Lemons 5k, Elote's Luchador Run
Apr 7	VP	7	7	10	10	12	Run with the Stars 5k, Fight for Air stairclimb
Apr 14	VP	13	15	20	22	22	K9K Race for Independence
Apr 21	VP	5	6	6	8	8	
Apr 28		0	0	0	0	0	<b>Oklahoma City Marathon April 29</b>