



2011 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	Running Events
Dec 18	VP	3	5	5	8	8	Garden of Lights 5k, Run for the Ranch Marathon
Dec 26	RW	4	6	6	6	8	
Jan 2	RW	5	7	7	9	10	Race Into the New Year, Polar Bear Plunge
Jan 8	VP	5	8	8	10	12	Athens-Big Fork Trail Marathon, Bandera Trail Race
Jan 15	VP	6	6	6	6	14	RocknRoll Arizona Marathon
Jan 22	VP	7	9	10	12	10	
Jan 29	EXPO	5	5	5	6	14	Texas Half
Feb 5	EXPO	8	10	12	14	16	Rocky Raccoon Trail Race, DanMan?
Feb 12	EXPO	5	5	5	5	5	Poker Run
Feb 19	JENKS	9	11	14	16	18	St John Indoor Triathlon
Feb 26	JENKS	5	6	7	8	10	TRC Post Oak Trail Challenge, Cowtown Marathon
Mar 5	JENKS	10	12	16	18	18	Little Rock Marathon, Atoka Trail Race?
Mar 12	VP	5	6	9	9	20	St Patrick's Day 5k
Mar 19	VP	11	13	18	20	12	TATUR 6 Hr Snake Run, Arbuckles to Ardmore Marathon
Mar 26	VP	6	7	9	10	20	
Apr 2	VP	12	14	20	22	22	Lake McMurtry Trail Race
Apr 9	VP	6	7	10	11	14	Hogeye, Eisenhower, Big D, St Louis Marathons
Apr 16	VP	13	15	22	24	24	Olathe, Kansas, Frisco Marathons?
Apr 23	VP	6	6	6	8	8	Free State Trail Runs
Apr 30		0	0	0	0	0	Oklahoma City Marathon May 1