

# Calendar

# 2019

## January

- 1 - Resolution Run 5K, One Mile & 50m Dash - Piedmont Park
- TBD - Atlanta Hawks Fastbreak 5K presented by Sharecare - Philips Arena
- 17 - PV-ATL event

## February

- 9 - Hearts & Soles 5K - Decatur
- 16 - Southside 12K - College Park

## March

- 15/16 - Publix Georgia Marathon, Half Marathon, 5K & Be Healthy Georgia Race Number pick-up
- 16 - Be Healthy Georgia Festival – Pemberton Place
- 17 - Publix Atlanta Marathon, Half Marathon, 5K – Centennial Olympic Park
- 26 - Kilometer Kids Fun Run & Dash – TBD

## April

- 9 - Kilometer Kids Fun Run & Dash - TBD
- 13 - Northside Hospital Atlanta Women's 5K – Cheney Stadium
- 23 - Kilometer Kids Fun Run & Dash - TBD
- 27 - Singleton 4 Miler - Norcross

## May

- 7 - All Comers Track & Field Meet – Cheney Stadium
- 14 - All Comers Track & Field Meet - GP timed – Emory University
- 21 - All Comers Track & Field Meet – Emory University
- 28 - All Comers Track & Field Meet – GP timed/HS Mile – Emory University

## June

- 4 - All Comers Track & Field Meet – Buck Godfrey Stadium
- 5 - All-Metro High School Track & Field Banquet - Armour Dr

## June (cont.)

- 11 - All Comers Track & Field Meet – Buck Godfrey Stadium
- TBD - Braves Country 5K, One Mile & 50m Dash - SunTrust Park
- 18 - All Comers Track & Field Meet – Marist School

## July

- 2/3 - Peachtree Health & Fitness Expo
- 3 – Blue Cross and Blue Shield of Georgia Peachtree Jr
- 4 - AJC Peachtree Road Race
- 13 - Decatur DeKalb 4 Miler
- Atlanta Track Club XC Camp – Young Harris College

## August

- 3 - 680 The Fan Tailgate 5K - Atlanta
- 10 - Atlanta's Finest 5K, One Mile & 50m Dash - Atlanta

## September

- 11 - Kilometer Kids Fun Run & Dash (option of 9/12)
- TBD - Mercedes-Benz Stadium 5K/Walk Like MADD - Mercedes-Benz Stadium
- 21 - Wingfoot XC Classic - Cartersville

## October

- 2 - Kilometer Kids Fun Run & Dash
- 20 - PNC Atlanta 10 Miler & 5K – Atlantic Station
- 23 - Kilometer Kids Fun Run & Dash

## November

- 6 - Kilometer Kids Fun Run & Dash
- 28 - Thanksgiving Day Half Marathon, 5K, Blue Cross and Blue Shield of Georgia One Mile & 50m Dash - TBD

## December

- 3 - All-Metro High School Cross Country Banquet - ASW/Stave Rm
- 7 - Grand Prix Finale & Volunteer Awards Banquet

# Training Calendar

# 2019

## In-Training for Publix Atlanta Marathon

### Saturday Group Run Schedule

- November 10 – December 15, 2018
- No Practice: December 22 & 29, 2018
- January 5 - March 10, 2019

### Saturday Group Run Locations – rotates through season

- November - Atlanta Track Club office, 201 Armour Drive, Atlanta 30324
- December- Atlanta Track Club office
- January - Old Fourth Ward Skate Park, Eastside Beltline, 830 Willoughby Way NE, Atlanta 30312
- February - Atlanta Track Club office, 201 Armour Drive, Atlanta 30324
- March – Atlanta Track Club office

### Wednesday Workout Schedule and Location

- November 14 –December 12 : Cheney Stadium
- January 2 - March 13: Piedmont Park, Active Oval

## In-Training for Publix Atlanta Half Marathon

### Schedule and Locations

- Saturdays: January 5 - March 10, 2019: Track Club office
- Wednesdays: January 2 - March 13: Piedmont Park

## In-Training for Peachtree

### Schedule

- Kick-Off Events: April 6-12
- Saturdays: April 13 - June 29: various locations
- Wednesdays: April 17 – June 26: various locations

## Fall Marathon In-Training

### Saturday Group Run Schedule

- Group I: June 8 – October 5
  - Training for Marathon the weekend of Oct. 5/6
- Group II: June 29 – October 26
  - Training for Marathon the weekend of Oct. 26/27
- Group III: July 6 – November 2
  - Training for Marathon the weekend of Nov. 2/3
- Group IV: July 13 – November 9
  - Training for Marathon the weekend of Nov. 9/10

### Saturday Group Run Locations – rotates through season

- June - Riverside Park, 575 Riverside Road, Roswell 30075
- July - Old Fourth Ward Skate Park, Eastside Beltline, 830 Willoughby Way NE, Atlanta, GA 30312
- August - Silver Comet,
- September- Atlanta Track Club office, 201 Armour Drive, Atlanta 30324
- October/November - Riverside Park

### Wednesday Workout Schedule and Location

- June 12 - August 7: Piedmont Park, Active Oval
- August 14 - November 13: Cheney Stadium

## In-Training for Thanksgiving Day Half Marathon

### Schedule and Locations

- Saturdays: August 10 – November 23, 2019: Track Club office
- August 14 - November 13: Cheney Stadium