

# RunnerDude's Fitness

## Group Spring 2017 Race Training

### In-State Races

Race	Race Date	Training Start Date
Crystal Coast Half Marathon-Morehead City, NC	3/4/2017	11/27/2016
Asheville Half Marathon on Biltmore Estates	3/11/2017	12/4/2016
Northern Trails 10-Miler-GSO	3/12/2017	12/18/2016
Tobacco Road Marathon-Cary, NC	3/19/2017	11/13/2016
Tobacco Road Half Marathon-Cary, NC	3/19/2017	12/11/2016
Emerald Isle Marathon-Emerald Isle, NC	3/25/2017	11/20/2016
Emerald Isle Half Marathon-Emerald Isle, NC	3/25/2017	12/18/2016
Wrightsville Beach Marathon-Wrightsville Beach, NC	3/25/2017	11/20/2016
Wrightsville Beach Half Marathon-Wrightsville Beach, NC	3/25/2017	12/18/2016
Hamilton Lakes 10K-GSO	3/25/2017	1/1/2017
All-American Marathon	3/26/2017	11/20/2016
Mike to Mike Half Marathon	3/26/2017	12/18/2016
Hop Swap Half Marathon-Winston Salem, NC	4/1/2017	12/25/2016
Rock-n-Roll Raleigh Marathon-Raleigh, NC	4/2/2017	11/27/2016
Rock-n-Roll Raleigh Half Marathon-Raleigh, NC	4/2/2017	12/25/2016
Charlotte RaceFest Half Marathon	4/8/2017	1/1/2017
RunnerDude Challenge 10-Miler-GSO	4/9/2017	1/15/2017
RunnerDude Challenge 10K-GSO	4/9/2017	1/15/2017
Flying Pirate Half marathon-Kitty Hawk, NC	4/23/2017	1/15/2017
Owls Roost Rumble-Trail Marathon-GSO	4/29/2017	12/25/2016
Owls Roost Rumble-Trail Half Marathon-GSO	4/29/2017	1/22/2017
New River Marathon-Todd, NC	5/6/2017	1/1/2017
New River Half Marathon-Todd, NC	5/6/2017	1/29/2017
Sparatan Half Marathon-Davidson, NC	5/6/2017	1/29/2017
Carolina Brewfest Craft Beer Festival-High Point, NC	5/13/2017	2/5/2017
Run Sunset Beach Half Marathon-Sunset Beach, NC	5/20/2017	2/12/2017
Indoor Insanity Marathon and Relay-Winston Salem, NC	5/21/2017	1/15/2017
Race 13.1-Raleigh Half Marathon-Raleigh, NC	6/3/2017	2/26/2017
Race 13.1-Raleigh 10K-Raleigh, NC	6/3/2017	3/12/2017
Charity Chase Half Marathon-Hickory, NC	6/4/2017	2/26/2017
Fun Fourth Freedom Run 10K-GSO	7/3/2017	4/9/2017

### Out-of-State Races

Race	Race Date	Training Start Date
Myrtle Beach Marathon-Myrtle Beach, SC	3/4/2017	10/30/2016
Myrtle Beach Half Marathon-Myrtle Beach, SC	3/4/2017	11/27/2016
Yueling Shamrock Marathon-Virginia Beach, VA	3/19/2017	11/13/2016
Anthem Half Marathon-Virginia Beach, VA	3/19/2017	12/11/2016
Charlottesville Marathon-Charlottesville, VA	4/1/2017	11/27/2016
Charlottesville Half Marathon-Charlottesville, VA	4/1/2017	12/25/2016
Blue Ridge Marathon-Roanoke, VA	4/22/2017	12/18/2016
Blue Ridge Half Marathon-Roanoke, VA	4/22/2017	1/15/2017
Kentucky Derby Festival Marathon-Louisville, KY	4/29/2017	12/25/2016
Kentucky Derby Festival Half Marathon-Louisville, KY	4/29/2017	1/22/2017
St. Jude Rock-n-Roll Nashville Marathon-Nashville, TN	4/29/2017	12/25/2016
St. Jude Rock-n-Roll Nashville Half Marathon-Nashville, TN	4/29/2017	1/22/2017
Big Sur International Marathon-Carmel, CA	4/30/2017	12/25/2016

Cincinnati Flying Pig Marathon-Cincinnati, OH	5/7/2017	1/1/2017
Cincinnati Flying Pig Half Marathon-Cincinnati, OH	5/7/2017	1/29/2017
Cincinnati Flying Pig 10K-Cincinnati, OH	5/7/2017	2/12/2017
Pittsburgh Marathon-Pittsburg, PA	5/7/2017	1/1/2017
Pittsburgh Half Marathon-Pittsburg, PA	5/7/2017	1/29/2017
Rite Aid Cleveland Marathon-Cleveland, OH	5/21/2017	1/15/2017
Rite Aid Cleveland Half Marathon-Cleveland, OH	5/21/2017	2/12/2017
Rock-n-Roll San Diego Marathon- San Diego, CA	6/4/2017	1/29/2017
Rock-n-Roll San Diego Half Marathon- San Diego, CA	6/4/2017	2/26/2017