

## 2011 CTC Half & Full Marathon Training Program Saturday Run Schedule

Week	Date & Time	Start Location	Half Marathon Beginner	Half Marathon Experienced	Full Marathon Both Programs	Route	Alternate Race
1	7/23 – 7:00 am	Sports Barn	2 mi	8 mi	10 mi	Moccasin Bend	
2	7/30 – 7:00 am	Sports Barn	2 mi	8 mi	10 mi	St Elmo	
3	8/6 – 7:00 am	Sports Barn	2 – 3 mi	8 mi	12 mi	Red Bank	
4	8/13 – 7:00 am	Sports Barn	3 mi	8 mi	14 mi	Riverwalk	Missionary Ridge
5	8/20 – 7:00 am	Camp Jordan	3 mi	6 mi	10 mi	Camp Jordan & Levee	
6	8/27 – 7:00 am	Sports Barn	4 mi	8 mi	16 mi	St. Elmo	
7	9/3 – 7:00 am	6th Cavalry	4 mi	8 mi	18 mi	Chickamauga Battlefield	
8	9/10 – 7:00 am	6th Cavalry	5 mi	10 mi	20 mi	Chickamauga Battlefield	
9	9/17 – 7:30 am	Sports Barn	6 mi	10 mi	10 mi	Riverview	
10	9/24 – 7:30 am	Sports Barn	8 mi	8 mi	16 mi	Pending	
11	10/1 – 7:30 am	6th Cavalry	6 mi	10 mi	20 mi	Chickamauga Battlefield	
12	10/8 – 7:30 am	Sports Barn	10 mi	10 mi	16 mi	St. Elmo	The Pie Run
13	10/15 – 7:30 am	Sports Barn	8 mi	8 mi	10 mi	Pending	7 Bridges
14	10/22 – 7:30 am	6th Cavalry	10 mi	12 mi	18 mi	Chickamauga Battlefield	
15	10/29 – 7:30 am	Sports Barn	12 mi	8 mi	12 mi	Red Bank	Pumpkin Run 10K
16	11/5 – 7:30 am	Sports Barn	6 mi	8 mi	8 mi	Moccasin Bend	
17	11/12 – 7:30 am	6 <sup>th</sup> Cavalry	13.1 mi	13.1 mi	26.2 mi	Race Route	

### Starting Locations

- 1) **Sports Barn** – Downtown Sports Barn (301 Market St, Chattanooga) – parking meters on the streets are free on Saturdays
- 2) **Camp Jordan** – located in East Ridge, TN (exit 1 off I-75, head south) – park by the arena.
- 3) **Battlefield** – Chickamauga Battlefield Visitor's Center – Lafayette Road, Ft Oglethorpe. **PARK ONLY IN DESIGNATED PARKING SPACES!**
- 4) **6th Cavalry** – 6th Cavalry Museum (6 Barnhard Circle, Ft Oglethorpe)