

Step Forward 2020 Practice Calendar

**Men: Held at City Gospel Mission
1805 Dalton Ave. Cincinnati Ohio, 45214
Women: Held at Having the Courage to Change
131 Goethe St. Cincinnati Ohio, 45202**

Date	Time	Event	Who
Summer running/ walking			
Exodus Men:			
Saturdays (Starting June 20, 2020)	7:30 AM	In Training	Exodus Men/ City Gospel Mission
Wednesdays (Starting June 24, 2020)	6:00 PM	In Training	Exodus Men/ City Gospel Mission
HTCTC Women:			
Mondays (Starting June 22, 2020)	6:00 PM	In Training	HTCTC Women/ Goethe St.
Saturdays (Starting June 27, 2020)	7:30 AM	In Training	HTCTC Women/ Goethe St.
Flying Pig Training			
Saturdays (Starting August 15, 2020)	7:30 AM	In Training	All/ City Gospel Mission
Wednesdays (Starting August 19, 2020)	6:00 PM	In Training	All/ City Gospel Mission
Half marathon: See Dave for sched.			
Flying Pig Race Weekend			
Fri – October 9	Time TBD	Expo at Duke Energy Center Packet Pick Up	All, Pick up Time TBD

Sat – October 10	7:00 AM	22nd Annual 5k & 10K FP event Meet at P&G/ 6 th and Broadway	All, Race time: 10 K: 8:00 AM, 5K 10:00 AM
Sun – October 11	5:45 AM	22nd Annual Flying Pig Half & Full Marathon. Meet at 3rd & Central, downtown	Half & Full marathon team. Race time: 6:30 AM

This schedule is subject to change