

# Step Forward 2021 Practice Calendar

## Held at City Gospel Mission

### 1805 Dalton Ave. Cincinnati Ohio, 45214

Date	Time	Event	Who
<b>Fall running/walking</b>			
<b>Saturday Sept. 4</b>	9:00 AM	In-Training	Participants, all volunteers
Wednesday Sept 8	6:00 PM	In Training	Participants, all volunteers
Saturday Sept 11	9:00 AM	In Training	Participants, all volunteers
Wednesday Sept 15	6:00 PM	In-Training	Participants, all volunteers
Saturday Sept 18	9:00 AM	In Training	Participants, all volunteers
Wednesday Sept 22	6:00 PM	In Training	Participants, all volunteers
Saturday Sept 25	9:00 AM	In Training	Participants, all volunteers
Wednesday Sept 29	6:00 PM	In Training	Participants, all volunteers
Saturday Oct 2	9:00 AM	In Training	Participants, all volunteers
Wednesday Oct 6	6 00 PM	In Training	Participants, all volunteers
Saturday Oct 9	9:00 AM	In Training	Participants, all volunteers
Wednesday Oct 13	6:00 PM	In Training	Participants, all volunteers
Saturday Oct 16	9:00 AM	In Training	Participants, all volunteers
Wednesday Oct 20	6:00 PM	In Training	Participants, all volunteers
Saturday Oct 23	9:00 AM	In Training- Pick up Race Day Shirts & Race Day Instructions	Participants, all volunteers
Wednesday Oct 27	6:00 PM	In Training	All, Race time: Half: 8 AM, 10 K: 8:00 AM, 5K 8:15 AM
<b>Friday, Oct 29</b>	<b>PIG EXPO 11 AM- 7 PM</b>	<b>RACE PACKET PICK UP 11 AM- 7 PM @ Duke Energy Center</b>	<b>THOSE REGISTERED FOR THE FLYING PIG</b>
<b>SATURDAY OCT 30</b>	<b>7:00 AM</b>	<b>FLYING PIG 5k 10k RACE DAY</b>	<b>ENTIRE TEAM, 7 AM / PROCTOR &amp; GAMBLE 6<sup>TH</sup> AND BROADWAY, DOWNTOWN RACE TIMES: 10k @ 8 AM 5k @ 10 AM</b>
<b>SUNDAY OCT 31</b>	<b>5:45 AM</b>	<b>FLYING PIG HALF &amp; Full MARATHON RACE DAY</b>	<b>THOSE REGISTERED FOR THE FULL &amp; HALF MARATHON. MEET AT CORNER OF ELM &amp; 3RD STREET TO PRAY, ENCOURAGE. RACE TIME IS 6:30 AM</b>

This schedule is subject to change

