

# Step Forward 2023 Calendar

**Practices held at City Gospel Mission,  
1805 Dalton Ave. Cincinnati Ohio, 45214**

**Boot Camp held at Premier Physical Therapy  
1200 Glendale Milford Rd. Cincinnati Ohio, 45215**

Date	Time	Event	Who
Sat – Feb 18	8:30- 10:00	Bootcamp 1/Premier Physical Therapy	All
Sat - Feb 25	8:30-10:00	Bootcamp 2/Premier Physical Therapy	All
Sat - March 4	8:30 AM	Kick Off and First Run At CGM	All
Wed. March 8	6:00 PM	In-Training	All
Sat – Mar 11	8:30 AM	In-Training	All
Wed – Mar15	6:00 PM	In Training	All
Sat – Mar 18	8:30 AM	In Training	All
Wed – Mar 22	6:00 PM	In Training	All
Sat – Mar 25	8:30 AM	In Training	All
Wed – Mar 29	6:00 PM	In Training	All
Sat – April 1	8:30 AM	In Training	All
Wed – April 5	6:00 PM	In Training	All
Sat – Apr 8*	8:30 AM	In Training	All
Wed – April 12	6:00 PM	In Training	All
Sat – April 15	7 AM	In Training + Fleet Feet 20/12 Event / Location & time TBA	All
Wed – April 19	6:00 PM	In Training	All
Sat – April 22	8:30 AM	In Training:	All
Wed – April 26	6:00 PM	In Training	All
Sat – April 29	8:30 AM	In Training + Cheer Day! Location: CGM	All (RSVP)
Wed – May 3	6:00 PM	In Training	All
Fri—May 5	12 Noon-7 PM	Expo at Duke Energy Center Packet Pick Up	All
Sat - May 6 & Sun - May 7	6 AM	The Flying Pig! Meet at P&G/ 6 <sup>th</sup> and Broadway @ 6 AM 7 AM-10/k 9 AM- 5k	All / Free Parking at P&G lot. 6 <sup>th</sup> & Broadway
Tuesday - May 16	6:30-8:30 PM	YOU DID IT! Post Pig Celebration Location: TBA	All (RSVP)

\*Easter is Sunday, April 9

Revised 12/2022