



STEP FORWARD 2024 FLYING PIG 5K/10K SCHEDULE



DAY	DATE	TIME	5K MILES	10K MILES	NOTES	LOCATION
SAT	2/17	8:30 AM			BOOT CAMP	PREMIER PT: 1200 GLENDALE-MILFORD RD.
SAT	2/24	8:30 AM			BOOT CAMP	PREMIER PT: 1200 GLENDALE-MILFORD RD.
SAT	3/2	8:30 AM	1M	1M	MAGIC MILE	CGM: 1805 DALTON AVE
WED	3/6	6:00 PM	1M	1M		CGM
SAT	3/9	8:30 AM	1M	1.5M		CGM
WED	3/13	6:00 PM	1M	1.5M		CGM
SAT	3/16	8:30 AM	1.5M	2M		CGM
WED	3/20	6:00 PM	1.5M	1.5M		CGM
SAT	3/23	8:30 AM	1.5M	3M		CGM
WED	3/27	6:00 PM	1.5M	2M		CGM
SAT	3/30	8:30 AM	2M	4M		CGM
WED	4/3	6:00 PM	1.5M	2M		CGM
SAT	4/6	8:30 AM	2.5M	5M		CGM
WED	4/10	6:00 PM	2M	3M		CGM
SAT	4/13	8:30 AM	3M	6M	THE 20/12	OFF SITE
WED	4/17	6:00 PM	2M	3M		CGM
SAT	4/20	8:30 AM	2M	4M	CHEER DAY!	CGM
WED	4/24	6:00 PM	2M	2M		CGM
SAT	4/27	8:30 AM	3M	5M		CGM
WED	5/1	6:00 PM	2M	2M		CGM
FRI	5/3	12-7PM	REST	REST	EXPO: PACKET PICK UP	DUKE ENERGY CENTER
SAT	5/4	7AM & 9AM	RACE DAY	RACE DAY	ENTIRE TEAM	MEET AT 6TH & BROADWAY
SUN	5/5	6:30AM	HALF & FULL	MARATHON		MEET AT ELM & 3RD AT 5:45AM
MON	5/13	6:30PM			POST PIG PARTY DINNER	OFF SITE