

Portland Marathon Training Clinic Runs
Runs start at 8AM.

Apr 5	4-6-8 miles	Marathon Course
Apr 12	5-7-9 miles	Fit Right NW – Water Front
Apr 19	6-8-10 miles	Wildwood Trail
Apr 26	7-9-10 miles	Fit Right NW - Leif
May 3	8-10 miles	George Rogers Park
May 10	9-10-12 miles	Fit Right Vancouver – Aid Station
May 17	10-12 miles	Wildwood Trail
May 24	10-12-13 miles	Fit Right NW – Water Front / Aid Station
May 31	10-14 miles	Springwater Corridor
Jun 7	12-13-15 miles	Fit Right NW - Leif
Jun 14	12-14-16 miles	Wildwood Trail
Jun 21	13-15-16 miles	Fit Right NW – Water Front / Aid Station
Jun 28	14-16 miles	Duniway Park
Jul 5	15-16-18 miles	Fit Right NW - Leif
Jul 12	16-18 miles	Wildwood Trail
Jul 19	16-19 miles	Fit Right NW – Water Front / Aid Station
Jul 26	16-18-20 miles	Vancouver Lake
Aug 2	16-20 miles	Fit Right NW – Leif
Aug 9	20 miles	Marathon Course
Aug 16	16 miles	Fit Right Vancouver – Aid Station
Aug 23	20 miles	Wildwood Trail
Aug 30	16 miles	Fit Right NW – Water Front / Aid Station
Sep 6	20 miles	Brunch Run*
Sep 13	16-20 miles	Fit Right NW – Leif
Sep 20	16 miles	Willamette Park
Sep 27	8 miles	Marathon Course

*Run locations are subject to change pending changes from PMTC