

Quad Cities Distance Classic 2020 Half Marathon Training Runs

We will once again offer training runs for this year's Quad Cities Distance Classic Half Marathon. We will begin our training runs from the **McDonald's parking lot** located at 1733 E. Kimberly Road (Hy-Vee Parking Lot) in Davenport at **7:30 a.m.** We will start **Sunday, March 8, 2020**. This program is open to everyone who has a desire to train for a half marathon. If you have any questions please call John Parker @ 563-323-7025 or 563-508-2889. Email is pjppark@aol.com.

<u>Training Run Date:</u>	<u>Distance Planned:</u>	<u>Location:</u>
March 8	4 to 7 miles	McDonald's
March 15	5 to 8 miles	McDonald's
March 22	6 to 9 miles	McDonald's
March 29	7 to 10 miles	McDonald's
April 5	8 to 10 miles	McDonald's
April 12	9 to 12 miles	McDonald's
April 19	10 to 12 miles	McDonald's
April 26	11 to 13 miles	McDonald's
May 3	6 to 8 miles	McDonald's
May 9	Race (13.1 miles) QCDC	Augustana College