Below, you will find two tables. The first was my original implementation, where the only thing that is wrong is the row coloring as posted in the original question. The second table is the result of my attempt to implement L.J.R.'s answer into my needs. It fixes the row coloring, but produces three new problems.

1. L.J.R.'s answer currently is incompatible with the multirow command. I was using multirow to vertically center the dates. I need either a new way to vertically center the dates, or I need compatibility with multirow.
2. L.J.R.'s table adds a lot of extra vertical space. Every row is more spaced out than a typical table, and the heads and foots are further spaced away from the table as well. I'd like the table to have tighter vertical spacing, like my original implementation.
3. Using the p command in colspec in L.J.R.'s table, I can get the correct horizontal cell spacing, but the text in each cell is ragged-right, rather than justified. It chooses to line break early, rather than justify and use hypenation.

The two tables follow, and after that is my LaTeX code.

Talks.

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Created before L.J.R.'s answer
The pagebreak doesn't color correctly in my implementation, but this example is only to highlight the fact that the dates are vertically centered in their cell in each row, the vertical space between rows and between heads and foots is much smaller, and the cells are justified, not ragged-right.

Talks, continued.

Graduate student colloquium (internal) *What's on the mind of air traffic controllers and algebraic geometers? #2 (Blowing up points on the plane)*	17 November 2021
CARES: Commutative Algebra Regional Expository Seminar (virtual) *The module of Kähler differentials*	12 October 2021
Jet Spaces / Arc Spaces Learning Seminar (UCSD, virtual) *Jets, arcs, and cylinders*	19 May 2021
CARES: Commutative Algebra Regional Expository Seminar (virtual) *Macaulay2 Panel (joint with Michael DeBellevue, Alexander Duncan, David Smith)*	15 April 2021
CARES: Commutative Algebra Regional Expository Seminar (virtual) *Jet and arc spaces from a commutative algebra point of view*	11 March 2021
The Curry Seminar: Algebra and topology seminar (internal) *The Silmarillion: K-Theory*	13 October 2020
Graduate student colloquium (internal) *What's on the mind of air traffic controllers and algebraic geometers? (An introduction to jet spaces)*	11 March 2020
Spectral sequence seminar (internal) *Differentially bigraded algebras and spectral sequence constructions*	31 July 2019
Spectral sequence seminar (internal) *Perfectly balanced: Using spectral sequences to balance Tor and Ext, and the Universal Coefficient Theorem*	25 July 2019

Compare this to what I can currently achieve via L.J.R.'s implementation:

Talks.

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Created by modifying L.J.R.'s answer
Now, the pagebreak is colored correctly, but I can't use multirow to vertically center the dates, and the heads and foot have more horizontal space between it and the table. There's also just overall more space between rows, which to me is unappealing. Finally, instead of justifying this cell, it's ragged.

Talks, continued.

Graduate student colloquium (internal) *What's on the mind of air traffic controllers and algebraic geometers? #2 (Blowing up points on the plane)*	17 November 2021
CARES: Commutative Algebra Regional Expository Seminar (virtual) *The module of Kähler differentials*	12 October 2021
Jet Spaces / Arc Spaces Learning Seminar (UCSD, virtual) *Jets, arcs, and cylinders*	19 May 2021
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Spectral sequence seminar (internal) *Differentially bigraded algebras and spectral sequence constructions*	31 July 2019
Spectral sequence seminar (internal) *Perfectly balanced: Using spectral sequences to balance Tor and Ext, and the Universal Coefficient Theorem*	25 July 2019

Note: if I do try to use multirow, I get the following error:

```
! Missing number, treated as zero.
<to be read again>
                  \__dim_eval_end:
l.263  \end
        {longtblr}
?
```

Here is my code for both tables:

Table 1.

```
\noindent{\rowcolors{5}{white}{gray!25}
\begin{longtable}{p{.7\textwidth -2\tabcolsep}p{.1\textwidth -2\tabcolsep}p{.2\textwidth -2\tabcolsep}}
\hspace{-\tabcolsep}{\vulf Talks.}&&\\\endfirsthead
\hspace{-\tabcolsep}{\vulf Talks, continued.}&&\\\endhead
\multicolumn{3}{r}{{\vulf Continued on next page.}}\\\endfoot
\endlastfoot

Rows of ``Test"s&&\\
Created before L.J.R.'s answer&&\\

The pagebreak doesn't color correctly in my implementation,
but this example is only to highlight the fact that the dates
are vertically centered in their cell in each row,
the vertical space between rows and between
heads and foots is much smaller, and the cells
are justified, not ragged-right.&&\\

Graduate student colloquium (internal)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{What's on the mind of air traffic
controllers and algebraic geometers?
```

```
\#2 (Blowing up points on the
plane)}&&\multirow{3}{*}{17 November 2021}\\

CARES: Commutative Algebra Regional
Expository Seminar (virtual)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{The module of K\"ahler
differentials}&&\multirow{2}{*}{12 October 2021}\\

Jet Spaces / Arc Spaces Learning
Seminar (UCSD, virtual)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{Jets, arcs, and
cylinders}&&\multirow{2}{*}{19 May 2021}\\

CARES: Commutative Algebra Regional
Expository Seminar (virtual)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{Macaulay2 Panel} (joint with Michael
DeBellevue, Alexander Duncan, David
Smith)&&\multirow{2}{*}{15 April 2021}\\

CARES: Commutative Algebra Regional
Expository Seminar (virtual)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{Jet and arc spaces from a
commutative algebra point of
view}&&\multirow{2}{*}{11 March 2021}\\

The Curry Seminar: Algebra and
topology seminar (internal)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{The Silmarillion:
K-Theory}&&\multirow{2}{*}{13 October 2020}\\

Graduate student colloquium (internal)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{What's on the mind of air traffic
controllers and algebraic geometers?
(An introduction to jet
spaces)}&&\multirow{3}{*}{11 March 2020}\\

Spectral sequence seminar (internal)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{Differentially bigraded algebras
and spectral sequence
constructions}&&\multirow{2}{*}{31 July 2019}\\

Spectral sequence seminar (internal)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{Perfectly balanced: Using spectral sequences
to balance Tor and Ext, and the Universal Coefficient
Theorem}&&\multirow{3}{*}{25 July 2019}\\
\end{longtable}}
```

Table 2.

In the preamble, in addition to what L.J.R. had, I added the following (I wanted the period, and the "vulf" command is a custom macro for the font I used in the heads and foots):

```
\DefTblrTemplate{firstfoot,middlefoot}{default}{%
  {\hfill\vulf Continued on next page.}\par
```

}

And the table itself:

```
\begingroup
\ResetRowColor
 \begin{longtblr}[
   caption = {Talks},
   entry = none,
   label = none,
 ]{
   colspec = {p{.7\textwidth -2\tabcolsep}p{.1\textwidth -2\tabcolsep}p{.2\textwidth -2\tabcolsep}},
   row{odd} = {oddcolor},
   row{even} = {evencolor},
 }


Rows of ``Test''s&&\\
Created by modifying L.J.R.'s answer&&\\

Now, the pagebreak is colored correctly, but I can't
use multirow to vertically center the dates, and the
heads and foot have more horizontal space between it
and the table. There's also just overall more space between
rows, which to me is unappealing. Finally, instead of justifying this cell,
it's ragged.&&\\

Graduate student colloquium (internal)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{What's on the mind of air traffic
controllers and algebraic geometers?
\#2 (Blowing up points on the
plane)}&&{17 November 2021}\\

CARES: Commutative Algebra Regional
Expository Seminar (virtual)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{The module of K\"ahler
differentials}&&{12 October 2021}\\

Jet Spaces / Arc Spaces Learning
Seminar (UCSD, virtual)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{Jets, arcs, and
cylinders}&&{19 May 2021}\\

CARES: Commutative Algebra Regional
Expository Seminar (virtual)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{Macaulay2 Panel} (joint with Michael
DeBellevue, Alexander Duncan, David
Smith)&&{15 April 2021}\\

CARES: Commutative Algebra Regional
Expository Seminar (virtual)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{Jet and arc spaces from a
commutative algebra point of
view}&&{11 March 2021}\\

The Curry Seminar: Algebra and
topology seminar (internal)
```

```
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{The Silmarillion:
K-Theory}&&{13 October 2020}\\

Graduate student colloquium (internal)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{What's on the mind of air traffic
controllers and algebraic geometers?
(An introduction to jet
spaces)}&&{11 March 2020}\\

Spectral sequence seminar (internal)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{Differentially bigraded algebras
and spectral sequence
constructions}&&{31 July 2019}\\

Spectral sequence seminar (internal)
\hspace*{\fill}\linebreak\hangindent=6mm
\emph{Perfectly balanced: Using spectral sequences
to balance Tor and Ext, and the Universal Coefficient
Theorem}&&{25 July 2019}\\
 \end{longtblr}
\endgroup
```