



# Running: It's Cheaper Than Therapy

## NOTES:

<http://bayrace.com/>

<http://www.gogriffs.com>

<http://dolphindash5k.wix.com/dash>

<http://www.flowercitychallenge.com/>

[www.ubrunforsmiles.com](http://www.ubrunforsmiles.com)

[www.awmanfs.wildapricot.org](http://www.awmanfs.wildapricot.org)

# APRIL 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2
3	4	5	6	7	8	9
Race At the Bay						
10	11	12	13	14	15	16
Shoes for Shelter						
17	18	19	20	21	22	23
Dolphin Dash						Flower City Challenge – ROCHESTER UB Run 4 Smiles Niagara Gorge
24	25	26	27	28	29	30
Flower City Challenge - ROCHESTER						