



AUG 2016

**IF YOUR LEGS
CAN'T RUN
ANYMORE, RUN
WITH YOUR HEART**

NOTES:

www.score-this.com

www.runsignup.com

<http://tops5k.com/>

<http://bondlakeac.com/>

<http://www.checkersac.org/?mile=one>

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------------------------|---------|--------------------|-----------------------|--------|---|
| | 1 | 2 | 3 | 4 | 5 | 6 |
| 7 | 8 RUT RACE- Bond Lake | 9 | 10 | 11 Mueller 1 Miler | 12 | 13 Summer Sizzler Peak To Brew-FB |
| 14 | 15 | 16 | 17 Moonlight 5k | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 Tops 5K and 10K Run For Roswell and Family Walk |
| 28 | 29 | 30 | 31 | | | |
| | | | | | | |