



# DECEMBER 2016

**WELCOME TO  
WINTER...RUN  
DON'T HIDE...**

**NOTES:**

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

<http://heartrateup.com/>

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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2	3 Holly Jolly-5 k
4	5	6	7	8	9	10
11 Freezer 5K	12	13	14	15	16	17 Caroler 5K Run
18	19	20	21	22	23	24
25	26	27	28	29	30	31