



# JULY 2016

**WOW, I REALLY  
REGRET THAT  
WORKOUT....SAID  
NO ONE EVER!**

**HTTP://WWW.BUFF  
ALOSUBARUCHAS  
E.COM/**

**NOTES:**

[www.gotrbufalo.org](http://www.gotrbufalo.org)

[http://wny.info-komen.org/site/TR?fr\\_id=6293&pg=entry](http://wny.info-komen.org/site/TR?fr_id=6293&pg=entry)

[www.active.com](http://www.active.com) – Black and Gold 5k – beer and party after

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

<http://rmhcwny.org/>

[www.runjimmyruncharity5k.com](http://www.runjimmyruncharity5k.com)  
FUN RACE – Game Ticket ETC

[www.score-this.com](http://www.score-this.com)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1	2 Tri In The Buff
3	4 Dick Bessell	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 Ellicottville TRAIL	25	26	27 Ronald McDonald House – 5k 6:30 pm	28	29	30
31 Run Jimmy Run						