



Don't Just Chase Your Dreams. Run Them Down!

NOTES:

www.runforbabies.marchofdimes.org

www.active.com

www.marcenasmiracles.com

Bully Free 5k – Great after party

The Grand Island 1/2 Marathon this year is raising money for Melanoma Research

5/7- Fly By Night Duathlon – Watkins Glen

5/22- ECC Sprint Triathlon

MAY 2016

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Run For Babies	2	3	4	5	6	7 Grand Island 1/2 marathon & 10k Allegany Trail Run
8 Elephant Run	9	10	11	12	13 Bully Free 5k 6:30	14
15	16	17	18	19	20	21
22 Grinder Trail Run	23	24	25	26	27	28
29 Buffalo Marathon & 1/2 Marathon	30	31				