

NOVEMBER 2016

**EITHER YOU RUN
THE DAY OR THE
DAY RUNS YOU...**

NOTES:

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

<http://lindsays5k.com/home.htm>

<http://www.racemanagementsolutions.com/WNY-Maritime-March.html>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5 Veterans Day 5K/10K ?? Viking For Vets
6	7	8	9	10	11	12 Lindsay's Legacy Run
13	14	15	16	17	18	19 Maritime March 5K
20	21	22	23	24	25	26
27	28	29	30			