

OCTOBER 2016

**HAPPINESS IS
RUNNING WITH A
FRIEND....**

NOTES:

<http://flight3407race.com/>

www.wineglassmarathon.com

<http://heartrateup.com/>

www.boobashanddash.com.-

AWESOME PARTY

Hotel Lafayette

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Flight 3407 Memorial 5K Race Clarence Center
2	3	4	5	6	7	8
Wineglass ½ Marathon						Ellicottville Fall Festival - 5k
9	10	11	12	13	14	15
16	17	18	19	20	21	22
						Lancaster ¼ marathon
23	24	25	26	27	28	29
					BOO Bash & Dash -7:30 p.m.	
30	31					