



SEP 2016

FALL IS THE MOST RUNDERFUL TIME OF THE YEAR

NOTES:

WNY Hall of Fame 5k- AWESOME RACE AND PARTY (Bidwell)

<http://wnyrunninghof.com/>

<http://hospicedash.com/>

<http://www.heartrateup.com>

<http://mightyniagarahalfmarathon.com/>

Taptrails 6k –
09/24/2016- 2:00 p.m.

<http://www.taptrails.com/6k6pack.html>

Finger Lakes Triathlon
09/10-09/13

<http://fingerlakestriathlon.com/>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1	2 WNY Hall of Fame	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
8 In The Rough						
18	19	20	21	22	23	24 Hospice Dask 5k- Mighty Niagara ½ Marathon
25	26	27	28	29	30	