



# MARCH 2016

*A RUNNER  
MUST RUN  
WITH  
DREAMS IN  
HIS HEART*

**NOTES:**

<http://buffaloshamrockrun.com/>  
<http://www.mustachemarch5k.com/>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12 Shamrock Run 8k
13	14	15	16	17	18	19
						Mustache 5k
20	21	22	23	24	25	26
27	28	29	30	31		
Easter Sunday						