

JANUARY 2018

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1* 5/10 km PT 007 Victoria YM-YWCA 851 Broughton St 12 Noon - Vic Y Judy, 250-385-8510	2	3* PT 140 - 9 am Pearkes Rec Ctr 3100 Tillicum Rd	4	5	6 5/10 km PT 163 West Shore Parks & Rec 1767 Island Hwy 10 am - JFP Malca, 250-388-0775
7 5/10 km PT 019 Coast Victoria Hotel 146 Kingston St 10 am - GCW Randy, 250-590-7175	8* PT 015 - 9 am Oak Bay Rec Ctr 1975 Bee St	9	10* PT 108 - 9 am Elk Lake Brookleigh Rd Parking Lot	11	12	13
14 5/10 km PT 260 Running Room 777 Royal Oak Dr 10 am - GCW Marion, 250-477-9851	15* PT 306 - 9 am Cedar Hill Rec Ctr 3220 Cedar Hill Rd	16	17* To be announced	18	19	20 5/10 km MW - 1B Pearkes Rec Ctr 3100 Tillicum Rd 10 am - Vic Y Hazel, 250-385-5439
21 5/10 km - PT 088 Frontrunners Westshore 123-755 Goldstream Ave 10 am - JFP Francine, 250-361-4563	22* PT 025- 9 am Coast Victoria Hotel 146 Kingston St	23	24* PT 253 - 9 am Esquimalt Rec Ctr 527 Fraser St	25	26	27 5/10 PT 029 Anniversary Walk Henderson Rec Ctr 10 am - GCW Susan, 250-727-6826
28 5/10 km - PT 026 Sidney Travelodge 2280 Beacon Ave 10 am - JFP Carol, 587-577-7773	29* PT 256 - 9 am Oak Bay Rec Ctr 1975 Bee St	30*	31* PT 083 - 9 am Running Room 2401G Millstream Rd	*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.		

FEBRUARY 2018

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
				1	2	3 5/10 km PT 015 Oak Bay Rec Ctr 1975 Bee St 10 am - Vic Y Judv. 250-385-8519
4 5/10 km MW - 2A/2B Fairfield Comm Ctr 1335 Thurlow Rd 10 am - GCW Marq. 250-370-5073	5* RLDW 004 - 9 am Running Room 777 Royal Oak Dr	6 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW Gail. 250-477-4472	7 * PT 163 - 9 am West Shore Parks & Rec (Juan de Fuca Rec Ctr) 1767 Island Hwy	8	9	10 5/10 km MW - 1A Allenby Park Allenby St/Dean Ave 10 am - Vic Y Judv. 250-385-8519
11 6/10 km PT 140 Pearkes Rec Ctr 3100 Tillicum Rd 10 am - GCW Gord. 250-479-6512	12* PT 019 - 9 am Coast Victoria Hotel 146 Kingston St	13 As above	14 * PT 180 - 9 am My-Chosen Café 4492 Happy Valley Rd	15	16	17 5/10 km MW - 2B Strawberry Vale Santa Anita Ave 10 am - Vic Y Judv. 250-385-8519
18 5/10 km PT 083 Running Room 2401G Millstream Rd 10 am - JFP Francine. 250-361-4563	19* PT 007 - 9 am Ross Bay Pub Fairfield Plaza 1516 Fairfield Rd	20 As above	21* To be announced	22	23	24 5/10 km PT 109 Greenhawk Harness 7154 W Saanich Rd 10 am - JFP Ed, 250-658-2325
25 5/10 km MW - 2B Gyro Park Foot of Sinclair Rd 10 am - GCW Susan. 250-727-6826	26* PT 029 - 9 am Henderson Rec Ctr 2291 Cedar Hill X Rd	27 As above	28* PT 088 - 9 am Fronrunners 755 Goldstream Ave	*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.		

MARCH 2018

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.</p>				1	2	<p>3</p> <p>5/10 km PT 256 Oak Bay Rec Ctr 1975 Bee St 10 am - Vic Y Carol 250-386-6670</p>
<p>4</p> <p>5/10 km PT 180 My-Chosen Café 4492 Happy Valley Rd 10 am - JFP Wendy 250-812-5136</p>	<p>5*</p> <p>RLDW 004 - 9 am Running Room 777 Royal Oak Dr</p>	<p>6</p> <p>10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW Gail 250-477-4472</p>	<p>7*</p> <p>PT 083 - 9 am Running Room 2401G Millstream Rd</p>	8	9	<p>10</p> <p>5/10 km MW - 1A BC Aviation Museum 1910 Norseman Rd 10 am - JFP/ Potluck Ed 250-658-2325</p>
<p>11</p> <p>5/10 km PT 260 Running Room 777 Royal Oak Dr 10 am - GCW Marion 250-477-9851</p>	<p>12*</p> <p>PT 026 - 9 am Sidney Travelodge 2280 Beacon Ave</p>	<p>13</p> <p>As above</p>	<p>14*</p> <p>PT 108 - 9 am Elk Lake Brookleigh Rd Parking Lot</p>	15	16	<p>17</p> <p>5/10 km PT 253 Esquimalt Rec Ctr 527 Fraser St 10 am - Vic Y Hazel 250-385-5439</p>
<p>18</p> <p>5/10 km MW - 2B Crystal Pool 2275 Quadra St 10 am - GCW Diane 250-477-4785</p>	<p>19*</p> <p>PT 109 - 9 am Greenhawk Harness 7154 W Saanich Rd Brentwood Bay</p>	<p>20</p> <p>As above</p>	<p>21*</p> <p>To be announced</p>	22	23	<p>24</p> <p>5/10 km MW - 2B Olympic View Golf Course 643 Latoria Rd 10 am - JFP Sandy 250-812-0303</p>
<p>25</p>	<p>26*</p> <p>PT 306 - 9 am Cedar Hill Rec Ctr 3220 Cedar Hill Rd</p>	<p>27</p> <p>As above</p>	<p>28*</p> <p>PT 015 - 9 am Oak Bay Rec Ctr 1975 Bee St</p>	29	30	<p>31</p> <p>5/10 km MW - 2B Central Saanich Mun Hall 1903 Mt Newton X Rd 10 am - JFP Pat, 250-658-2325</p>

APRIL 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2* RLDW 004 - 9 am Running Room 777 Royal Oak Dr	3 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW <small>Gail 250-477-4472</small>	4* PT 088 - 9 am Frontrunners 755 Goldstream Ave	5 10/11 km PT 015/256 Oak Bay Rec Ctr 1975 Bee Street 6 pm - GCW <small>David 250-598-4316</small>	6	7 WALKfest 2018 2625 Arbutus Rd Beverley, 250-598-4316 Details Above
8	9* PT 025 - 9 am Coast Victoria Hotel 146 Kingston St	10 As above	11* PT 140 - 9 am Pearkes Rec Ctr 3100 Tillicum Rd	12 As above	13	14 6/10 kn PT 304 Cowichan Valley Museum 130 Canada Ave, Duncan 10 am - VABC Christine, 250-478-7020
15 5/10 km PT 108 Elk Lake Parking Lot Brookleigh Rd 10 am - JFP Ed, 250-658-2325	16* PT 029 - 9 am Henderson Rec Ctr 2291 Cedar Hill X Rd	17 As above	18* To be announced	19 As above	20	21 5/10 km MW - 2B Matheson Lake Matheson Lake Park Rd 10 am - JFP Sandy, 250-812-0303
22	23* PT 026 - 9 am Sidney Travelodge 2280 Beacon Ave	24 As above	25* PT 180 - 9 am My-Chosen Café 4492 Happy Valley Rd	26 As above	27	28 VABC AGM, Comox Group Drive/Walk to Comox See Details Inside Front Cover
29 5/10 km PT 163 West Shore Parks/Rec 1767 Island Hwy 10 am - JFP Malca, 250-388-0775	30* PT 007 - 9 am Ross Bay Pub Fairfield Plaza 1516 Fairfield Rd	*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.				

MAY 2018

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
		1 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW Gail, 250-477-4472	2* PT 083 - 9 am Running Room 2401G Millstream Rd	3 10 km PT 019/025 Coast Victoria Hotel 146 Kingston St 6 pm - GCW Bill, 250-920-3745	4	5 5/10 km PT 306 Cedar Hill Rec Ctr 3220 Cedar Hill Rd 10 am - Vic Y Judy, 250-385-8519
6 5/10 km MW -3C Parking lot at end of Dean Park Rd 10 am - JFP <small>Carol, 587-577-7772</small>	7* RLDW 004 - 9 am Running Room 777 Royal Oak Dr	8 As above	9* PT 019 - 9 am Coast Victoria Hotel 146 Kingston St	10 As above	11	12 Newcastle Island Walk Nanaimo
13 5/10 km MW - 1B Royal Roads Paint-In 2139 Sooke Rd, Colwood 10 am - JFP <small>Christina, 250-478-7020</small>	14* PT 160 - 9 am Western Foods 6660 Sooke Rd	15 As above	16* To be announced	17 As above	18	19 5/10 km MW - 2B Copley Park Parkridge at Vanalman 10 am - GCW <small>Col, 250-658-2270</small>
20	21* PT 256 - 9 am Oak Bay Rec Ctr 1975 Bee St	22 As above	23* PT 109 - 9 am Greenhawk Harness 7154 W Saanich Rd Brentwood Bay	24 As above	25	26 5/7/10 km MW - 2B/3C Mount Doug "To the Top" Cordova Bay Road 10 am - GCW <small>Beth, 250-721-3395</small>
27 5/10 km MW - 1A Esquimalt Rec Ctr 527 Fraser St St 10 am - Vic Y Hazel, 250-385-5439	28* PT 029 - 9 am Henderson Rec Ctr 2291 Cedar Hill X Rd	29 As above	30* PT 108 - 9 am Elk Lake Brookleigh Rd Parking Lot	31 As above	*For Monday/Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.	

JUNE 2018

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.</p>					1	2 5/10 km PT 015 Oak Bay Rec Ctr 1975 Bee St 10 am - VicY Carol. 250-386-6670
3 5/10 km MW - 1A Fisherman's Wharf Dallas Rd/Erie St 10 am - GCW Frances. faknai@shaw.ca	4* RLDW 004 - 9 am Running Room 777 Royal Oak Dr	5 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW Gail. 250-477-4472	6* PT 140 - 9 am Pearkes Rec Ctr 3100 Tillicum Rd	7 10 km PT 029 Henderson Rec Ctr 2291 Cedar Hill X Rd 6 pm - GCW Susan. 250-727-6827	8	9 5/10 km PT 088 Frontrunners 755 Goldstream Ave 10 am - JFP Francine, 250-361-4583
10 5/10 km MW - 1A/2B Kings Rd Parking Lot off Shelbourne St 10 am - GCW Greg. 250-580-4709	11* PT 007 - 9 am Ross Bay Pub Fairfield Plaza 1516 Fairfield Rd	12 As above	13* PT 253 - 9 am Esquimalt Rec Ctr 527 Fraser St	14 As above	15	16 5/10 km MW - 1B Glanford Park Glanford Ave/Kenneth St 10 am - Vic Y Hazel. 250-385-5439
17 5/10 km PT 025 Coast Victoria Hotel 146 Kingston St 10 am - GCW Randy. 250-590-7175	18* PT 026 - 9 am Sidney Travelodge 2280 Beacon Ave	19 As above	20* To be announced	21 As above	22	23 5/10 km MW - 2B Mt Doug Lower Trails Cordova Bay Rd 10 am - GCW Ada. 778-922-1950
24 5/10 km PT 180 My-Chosen Café 4492 Happy Valley Rd 10 am - JFP Wendy, 250-812-5136	25* PT 306 - 9 am Cedar Hill Rec Ctr 3220 Cedar Hill Rd	26 As above	27* PT 163 - 9 am West Shore Parks/Rec 1767 Island Hwy	28 As above	29	30

JULY 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5/10 km MW - 2B/3C Cobble Hill Quarry Nature Park 10 am - GCW <small>David, 250-598-4316</small>	2* RLDW 004 - 9 am Running Room 777 Royal Oak Dr	3 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW <small>Geil, 250-477-4472</small>	4* PT 083 - 9 am Running Room 2401G Millstream Rd	5 10 km PT 140 Pearkes Rec Ctr 3100 Tillicum Rd 6 pm - GCW <small>George, 250-386-1270</small>	6	7 5/10 km MW - 2A Cattle Point Beach Drive 10 am - Vic Y <small>Judy, 250-385-8510</small>
8 5/10 km PT 109 Greenhawk Harness 7154 W Saanich Rd 10 am - JFP <small>Ed, 250-658-2325</small>	9* PT 019 - 9 am Coast Victoria Hotel 146 Kingston St	10 As above	11* PT 088 - 9 am Frontrunners 755 Goldstream Ave	12 As above	13	14 5/10 km PT 026 Sidney Travelodge 2280 Beacon Ave 10 am - JFP <small>Ed, 250-658-2325</small>
15 USA/Canada Friendship Walk Port Angeles Rob, 250-658-4998	16* PT 029 - 9 am Henderson Rec Ctr 2291 Cedar Hill X Rd	17 As above	18* 5/10 km MW - 2B/3C Salt Spring Island Meet at Ferry Terminal Time - TBA <small>David, 250-598-4316</small>	19 As above	20	21 5/10 km MW - 2B Fort Rodd Hill Ocean Blvd, Colwood 10 am - JFP <small>Christine, 250-478-7020</small>
22 5/10 km PT 256 Oak Bay Rec Ctr 1975 Bee St Judy, 250-385-8519	23* PT 007 - 9 am Ross Bay Pub Fairfield Plaza 1516 Fairfield Rd	24 As above	25* PT 108 - 9 am Elk Lake Brookleigh Rd Parking Lot	26 10 km PT 007 Ross Bay Pub Fairfield Plaza 6 pm - GCW <small>Eileen, 250-920-3745</small>	27	28 5/10 km MW - 2B Hartland Rd Parking Lot on Right 10 am - JFP <small>Rick, 250-478-7020</small>
29 5/10 km MW - 2B Corner Lagoon Rd & Ocean Blvd, Colwood 10 am - JFP <small>Christine, 250-478-7020</small>	30* PT 306 - 9 am Cedar Hill Rec Ctr 3220 Cedar Hill Rd	31 As above	*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.			

AUGUST 2018

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>*For Monday/Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.</p>			<p>1* PT 015 - 9 am Oak Bay Rec Ctr 1975 Bee St</p>	<p>2 10 km PT 260 777 Royal Oak Dr 6 pm - GCW Susan, 250-727-6826 David, 250-598-4316</p>	<p>3 5/10 km PT 019 Cruise Ship Terminal Ogden Point Time - TBA Beverley, 250-598-4316</p>	<p>4 6/8/10 km MW - 3C Gowlland Tod Parking 733 Caleb Pike Rd 10 am - GCW Lyn, 778-440-3326</p>
<p>5 5/10 km PT 007 Victoria YM-YWCA 851 Broughton St 10 am - Vic Y Judy, 250-385-8510</p>	<p>6* RLDW 004 - 9 am Running Room 777 Royal Oak Dr</p>	<p>7 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW Gail, 250-477-4472</p>	<p>8* PT 180 - 9 am My-Chosen Café 4492 Happy Valley Rd</p>	<p>9 As above</p>	<p>10</p>	<p>11 5/10 km MW - 2B Beaver Lake Picnic Area, Elk Lake Dr 10 am - GCW Cec, 250-668-2270</p>
<p>12 5/10 km MW - 2B Lochside Park Lochside Dr 10 am - GCW Bill, 250-920-3745</p>	<p>13* PT 109 - 9 am Greenhawk Harness 7154 W Saanich Rd Brentwood Bay</p>	<p>14 As above</p>	<p>15* To be announced</p>	<p>16 As above</p>	<p>17</p>	<p>18 5/10 km MW USA/Canada Walk James Bay Comm Ctr 10:30 am - GCW Rob, 250-658-4998</p>
<p>19 5/10 km PT 163 West Shore Parks/Rec 1767 Island Hwy 10 am - JFP Francine, 250-361-4583</p>	<p>20* PT 025 - 9 am Coast Victoria Hotel 146 Kingston St</p>	<p>21 As above</p>	<p>22* PT 253 - 9 am Esquimalt Rec Ctr 527 Fraser St</p>	<p>23 As above</p>	<p>24</p>	<p>25 5/10 km MW - 2B Sooke Hills Reg Trail 3030 Humpback Rd 10 am - JFP Rick, 250-478-7020</p>
<p>26 6/10 km PT 140 Pearkes Rec Ctr 3100 Tillicum Rd 10 am - GCW Gord, 250-479-6512</p>	<p>27* PT 108 - 9 am Elk Lake Brookleigh Rd Parking Lot</p>	<p>28 As above</p>	<p>29* PT 160 - 9 am Western Foods 6660 Sooke Rd Sooke</p>	<p>30 As above</p>	<p>31</p>	

SEPTEMBER 2018

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.</p>						<p>1 5/10 km PT 015 Oak Bay Rec Ctr 1975 Bee St 10 am - Vic Y Judy, 250-385-8519</p>
<p>2 5/10 km MW - 1A/3C McMinn Park Maplegrove St 10 am - GCW Jan, 250-665-6062</p>	<p>3* RLDW 004 - 9 am Running Room 777 Royal Oak Dr</p>	<p>4 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW Gail, 250-477-4472</p>	<p>5* PT 180 - 9 am My-Chosen Café 4492 Happy Valley Rd</p>	<p>6 10 km PT 019/025 Coast Victoria Hotel 6 pm - GCW Bill, 250-920-3745 George, 250-386-1270</p>	<p>7</p>	<p>8 5/10 km MW - 2B Saanich Commonwealth Pl 4636 Elk Lake Dr 10 am - GCW George, 250-386-1270</p>
<p>9</p>	<p>10* PT 306 - 9 am Cedar Hill Rec Ctr 3220 Cedar Hill Rd</p>	<p>11 As above</p>	<p>12* PT140 - 9 am Pearkes Rec Ctr 3100 Tillicum Rd</p>	<p>13 As above</p>	<p>14</p>	<p>15 Vic 'Y' Harvest Walk Centennial Park Judy, 250-385-8519 Details Above</p>
<p>16 5/10 km PT 083 Running Room 2401G Millstream Rd 10 am - JFP Malca, 250-388-0775</p>	<p>17* PT 007 - 9 am Ross Bay Pub Fairfield Plaza 1516 Fairfield Rd</p>	<p>18 As above</p>	<p>19* To be announced</p>	<p>20 As above</p>	<p>21</p>	<p>22 5/10 km MW - 2B Layritz Park Glyn Rd, off Wilkinson Rd 10 am - GCW Rob, 250-658-4998</p>
<p>23</p>	<p>24* PT 025 - 9 am Coast Victoria Hotel 146 Kingston St</p>	<p>25 As above</p>	<p>26* PT 088 - 9 am Frontrunners 755 Goldstream Ave</p>	<p>27 As above</p>	<p>28</p>	<p>29</p>
<p>30 5/10 km MW - 2B Gyro Park Foot of Sinclair Rd 10 am - GCW Gail/Ed, 250-477-4472</p>						

OCTOBER 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1* RLDW 004 - 9 am Running Room 777 Royal Oak Dr	2 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW <small>Gail 250-477-4472</small>	3* PT 253 - 9 am Esquimalt Rec Ctr 527 Fraser St	4	5	6 5/10 km MW - 1A Willows Beach Beach Drive 10 am - GCW <small>Renee 250-294-7099</small>
7 5/10 km PT 260 Running Room 777 Royal Oak Dr 10 am - GCW <small>Marion 250-477-9851</small>	8* PT 029 - 9 am Henderson Rec Ctr 2291 Cedar Hill X Rd	9 As above	10* PT108 - 9 am Elk Lake Brookleigh Rd Parking Lot	11	12	13 5/10 km MW - 2B Vantreight Park Vantreight Dr off Ferndale 10 am - Vic Y <small>Judy 250-385-8519</small>
14 5/10 km PT180 My Chosen-Café 4492 Happy Valley Rd 10 am -JFP <small>Francine, 250-361-4583</small>	15* PT 026 - 9 am Sidney Travelodge 2280 Beacon Ave	16 As above	17* To be announced	18	19	20 5/10 km PT 088 Fronrunners 755 Goldstream Ave 10 am - JFP <small>Sandy 250-812-0303</small>
21 5/10 km PT 163 West Shore Parks & Rec 1767 Island Hwy 10 am - JFP <small>Francine 250-361-4583</small>	22* PT 256 - 9 am Oak Bay Rec Ctr 1975 Bee St	23 As above	24* PT 083 - 9 am Running Room 2401G Millstream Rd	25	26	27 5/10 km MW - 2B W Saanich/Clayton Rd North Saanich 10 am - JFP <small>Carol 587-577-7773</small>
28	29* PT 109 - 9 am Greenhawk Harness 7154 W Saanich Rd Brentwood Bay	30 As above	31* PT 140 - 9 am Parkes Rec Ctr 3100 Tillicum Rd	*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.		

NOVEMBER 2018

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p>*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.</p>				1	2	3 5/10 km MW - 1A Grace Lutheran Church 1273 Fort Street 10 am - GCW (& AGM) <i>Ada, 778-922-1950</i>
4 5/10 km PT 083 Running Room 2401G Millstream Ave 10 am - JFP <i>Wendy, 250-812-5136</i>	5* RLDW 004 - 9 am Running Room 777 Royal Oak Dr	6 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW <i>Gail, 250-477-4472</i>	7* PT 088- 9 am Frontrunners 755 Goldstream Ave	8	9	10 5/10 km PT 256 Oak Bay Rec Ctr 1975 Bee St 10 am - JFP <i>Judy, 250-385-8519</i>
11 5/10 km PT 253 Esquimalt Rec Ctr 9:15 am - 10 km 9:45 am - 5 km <i>Judy, 250-385-8519</i>	12* PT 306 - 9 am Cedar Hill Rec Ctr 3220 Cedar Hill Rd	13 As above	14* PT 108 - 9 am Elk Lake Brookleigh Rd Parking Lot	15	16	17 5/10 km PT 019 Coast Victoria Hotel 146 Kingston St 10 am - GCW <i>Randy, 250-590-7175</i>
18 5/10 km MW - 1A Kings Rd Parking Lot off Shelbourne St 10 am - GCW, Frances <i>faknai@shaw.ca</i>	19* PT 109 - 9 am Greenhawk Harness 7154 W Saanich Rd Brentwood Bay	20 As above	21* To be announced	22	23	24 5/10 km PT 026 Sidney Travelodge 2280 Beacon Ave 10 am - JFP <i>Carol, 587-577-7773</i>
25 5/10 km PT 029 Henderson Rec Ctr 2291 Cedar Hill X Rd 10 am - GCW <i>Susan, 250-727-6826</i>	26* PT 007 - 9 am Ross Bay Pub Fairfield Plaza 1516 Fairfield Rd	27 As above	28* PT 140 - 9 am Pearkes Rec Ctr 3100 Tillicum Rd	29	30	

DECEMBER 2018

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	
<p>*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.</p>						<p>1 5/10 km EMW - 1A Christmas Lights Walk YM-YWCA 3 pm - Vic Y Judv. 250-385-8519</p>	
<p>2 5/10 km PT 108 Elk Lake Parking Lot Brookleigh Rd 10 am - JFP Ed/Pat, 250-658-2325</p>	<p>3* RLDW 004 - 9 am Running Room 777 Royal Oak Dr</p>	<p>4 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW Gail, 250-477-4472</p>	<p>5* PT 088 - 9 am Frontrunners 755 Goldstream Ave</p>	<p>6</p>	<p>7</p>	<p>8</p>	
<p>9 5/10 km PT 025 Coast Victoria Hotel 10 am - GCW Randy, 250-590-7175</p>	<p>10* PT 015 - 9 am Oak Bay Rec Ctr 1975 Bee St</p>	<p>11 As above</p>	<p>12* PT 253 - 9 am Esquimalt Rec Ctr 527 Fraser St</p>	<p>13</p>	<p>14</p>	<p>15 Christmas Party Location/Time - TBA All Clubs Christine. 250-478-7020</p>	
<p>16 5/10 km PT 306 Cedar Hill Rec Ctr 3220 Cedar Hill Rd 10 am - Vic Y Judv. 250-385-8519</p>	<p>17* PT 026 - 9 am Sidney Travelodge 2280 Beacon Ave</p>	<p>18</p>	<p>19* To be announced</p>	<p>20</p>	<p>21</p>	<p>22 5/10 km PT 163 West Shore Parks & Rec 1767 Island Hwy 10 am - JFP Sandv. 250-812-0303</p>	
<p>23 5/10 km PT 109 Greenhawk Harness 7154 W Saanich Rd 10 am - JFP Pat/Ed, 250-658-2325</p>	<p>24* PT 029 - 9 am Henderson Rec Ctr 2291 Cedar Hill X Rd</p>	<p>25 MERRY CHRISTMAS</p>	<p>26* PT 083 - 9 am Running Room 2401G Millstream Rd</p>	<p>27</p>	<p>28</p>	<p>29 5/10 km PT 260 Running Room 777 Royal Oak Dr 10 am - GCW Marion. 250-477-9851</p>	
<p>30</p>	<p>31* PT 019 - 9 am Coast Victoria Hotel 146 Kingston St</p>	<p>HAPPY NEW YEAR</p>					