

JANUARY 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 5/10 km PT 007 Victoria YM-YWCA 851 Broughton St 12 Noon - Vic Y Judy, 250-385-8519	2* RLDW 004 - 9:30 am Running Room 777 Royal Oak Dr	3 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW Gail, 250-477-4472	4* PT 026 - 9:30 am Sidney Travelodge 2280 Beacon Ave	5	6	7 5/10 km PT 163 West Shore Parks & Rec 1767 Island Hwy 10 am - JFP Malca, 250-818-8496
8 5/10 km PT 019 Harbour Towers Hotel 345 Quebec St 10 am - GCW Randy, 250-590-7175	9* PT 306 - 9:30 am Cedar Hill Rec Ctr 3220 Cedar Hill Rd	10 As above	11* PT 140 - 9:30 am Pearkes Rec Ctr 3100 Tillicum Ave	12	13	14 5/10 km PT 029 Henderson Rec Ctr 2291 Cedar Hill X Rd 10 am - GCW Susan, 250-727-6826
15 5/10 km PT 260 Running Room 777 Royal Oak Dr 10 am - GCW Marion, 250-477-9851	16* PT 108 - 9:30 am Elk Lake Brookleigh Rd Parking Lot	17 As above	18* To be announced	19	20	21 5/10 km MW - 1B Pearkes Rec Ctr 3100 Tillicum Rd 10 am - Vic Y Hazel, 250-385-5439
22 5/10 km - PT 088 Frontrunners Westshore 123-755 Goldstream Ave 10 am - JFP Malca, 250-818-8496	23* PT 253- 9:30 am Esquimalt Rec Ctr 527 Fraser St	24 As above	25* PT 083 - 9:30 am Running Room 2401G Millstream Rd	26	27	28 5/10 km MW - 1A Anniversary Walk Willows Beach 10 am - GCW Marg, 250-370-5073
29 5/10 km - PT 026 Sidney Travelodge 2280 Beacon Ave 10 am - JFP Ed, 250-658-2325	30* PT 109 - 9:30 am Greenhawk Harness 7154 W Saanich Rd Brentwood Bay	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.			