

MAY 2017

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	1* RLDW 004 - 9:30 am Running Room 777 Royal Oak Dr	2 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW Gail, 250-477-4472	3* PT 088 - 9:30 am Frontrunners 755 Goldstream Ave	4 10 km PT 019/025 Harbour Towers 345 Quebec St 6 pm - GCW Bill, 250-920-3745	5	6 5/10 km MW - 2B Prospect Lake Rd at Goward Rd 10 am - Vic Y Pat, 250-479-9118
7 5/10 km MW - 2B for Phoenix Volunteers 1020 McGregor Ave 10 am - VVPF Malca, 250-818-8496	8* PT 253 - 9:30 am Esquimalt Rec Ctr 527 Fraser St	9 As above	10* PT 140 - 9:30 am Pearkes Rec Ctr 3100 Tillicum Rd	11 As above	12	13 5/10 km PT 160 Western Foods, Sooke 1400-6660 Sooke Rd 10 am - JFP Ed, 250-658-2325
14 5/10 km MW - 1B Royal Roads Paint-In 2139 Sooke Rd, Colwood 10 am - JFP Christine, 250-478-7020	15* PT 026 - 9:30 am Sidney Travelodge 2280 Beacon Ave	16 As above	17* To be announced	18 As above	19	20 5/10 km MW - 2B Copley Park Parkridge at Vanalman 10 am - GCW Cec, 250-658-2279
21	22* PT 306 - 9:30 am Cedar Hill Rec Ctr 3220 Cedar Hill Rd	23 As above	24* PT 083 - 9:30 am Running Room 2401G Millstream Rd	25 As above	26	27 5/10 km MW - 2B Layritz Park off Wilkinson Rd 10 am - GCW Rob, 250-658-4998
28 5/10 km MW - 1A Oak Bay Rec Ctr 1975 Bee St 10 am - Vic Y Judy, 250-385-8519	29* PT 015/256 - 9:30 am Oak Bay Rec Ctr 1975 Bee St	30 As above	31* PT 163 - 9:30 am West Shore Parks & Rec Ctr (Juan de Fuca Ctr) 1767 Island Hwy	* For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665- 6062. There may not always be a leader.		