

NOVEMBER 2017

<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* PT 088 - 9:30 am Frontrunners 755 Goldstream Ave</p>	<p>2</p>	<p>3</p>	<p>4 5/10 km PT 029 Henderson Rec Ctr 2291 Cedar Hill X Rd 10 am - GCW Susan, 250-727-6826</p>
<p>5 5/10 km PT 083 Running Room 2401G Millstream Ave 10 am - JFP Rick, 250-478-7020</p>	<p>6* RLDW 004 - 9:30 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-</p>	<p>8* PT 140 - 9:30 am Pearkes Rec Ctr 3100 Tillicum Rd</p>	<p>9</p>	<p>10</p>	<p>11 5/10 km PT 253 Esquimalt Rec Ctr 10 km - 9:15 am 5 km - 9:45 am Hazel, 250-385-5439</p>
<p>12 5/10 km PT 256 Oak Bay Rec Ctr 1975 Bee St 10 am - Vic Y Judy, 250-385-8519</p>	<p>13* PT 019/025 - 9:30 am Harbour Towers 345 Quebec St</p>	<p>14 As above</p>	<p>15* To be announced</p>	<p>16</p>	<p>17</p>	<p>18 5/10 km PT 019 Harbour Towers 345 Quebec St 10 am - GCW Randy, 250-590-7175</p>
<p>19 5/10 km MW - 1A Fisherman's Wharf Dallas Rd/Erie St 10 am - GCW, Frances</p>	<p>20* PT 015/256 - 9:30 am Oak Bay Rec Ctr 1975 Bee St</p>	<p>21 As above</p>	<p>22* PT 083 - 9:30 am Running Room 2401G Millstream Rd</p>	<p>23</p>	<p>24</p>	<p>25 5/10 km PT 026 Sidney Travelodge 2280 Beacon Ave 10 am - JFP Ed, 250-658-2325</p>
<p>26 5/10 km PT 160 Christmas Potluck 5496 Croydon Pl, Sooke 10 am - JFP</p>	<p>27* PT 109 - 9:30 am Greenhawk Harness 7154 W Saanich Rd</p>	<p>28 As above</p>	<p>29* PT 163 - 9:30 am West Shore Parks % Rec 1767 Island Hwy</p>	<p>30</p>		