

## OCTOBER 2017

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>1</b> 5/10 km MW - 2B Gyro Park Foot of Sinclair Rd 10 am - GCW Gail, 250-477-4472	<b>2*</b> RLDW 004 - 9:30 am Running Room 777 Royal Oak Dr	<b>3</b> 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW Gail, 250-477-4472	<b>4*</b> PT 083 - 9:30 am Running Room 2401G Millstream Rd	<b>5</b>	<b>6</b>	<b>7</b> 5/10 km MW - 1A/2B Kings Rd Parking Lot off Shelbourne St 10 am - GCW, Frances
<b>8</b> 5/10 km PT 180 My-Chosen Café 4492 Happy Valley Rd 10 am - JFP Francine, 250-361-4583	<b>9*</b> PT 108 - 9:30 am Elk Lake Brookleigh Rd Parking Lot	<b>10</b> As above	<b>11*</b> PT163 - 9:30 am West Shore Parks & Rec (Juan de Fuca Rec Ctr) 1767 Island Hwy	<b>12</b>	<b>13</b>	<b>14</b> 5/10 km MW - 2B 4 Mile Pub 199 Island Hwy 10 am - Vic Y Camilla, 250-479-
<b>15</b>	<b>16*</b> PT 253 - 9:30 am Esquimalt Rec Ctr 527 Fraser St	<b>17</b> As above	<b>18*</b> To be announced	<b>19</b>	<b>20</b>	<b>21</b> 5/10 km PT 088 Frontrunners 755 Goldstream Ave 10 am - JFP Rick, 250-478-7020
<b>22</b> 5/10 km PT 163 West Shore Parks & Rec 1767 Island Hwy 10 am - JFP Francine, 250-361-4583	<b>23*</b> PT 029 - 9:30 am Henderson Rec Ctr 2291 Cedar Hill X Rd	<b>24</b> As above	<b>25*</b> PT 180 - 9:30 am Witty's Lagoon Parking Lot Metchosin	<b>26</b>	<b>27</b>	<b>28</b> 5/10 km MW - 2B W Saanich/Clayton Rd North Saanich 10 am - JFP Pat, 250-658-2325
<b>29</b>	<b>30*</b> PT 007 - 9:30 am Fairfield Plaza 1552 Fairfield Rd	<b>31</b> As above	<b>*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.</b>			