

# SEPTEMBER 2017

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
<p><b>*For Monday and Wednesday walks, contact Rick, 250-478-7020, or Jan, 250-665-6062. There may not always be a leader.</b></p>					<b>1</b>	<b>2</b> 5/10/11 km PT 015 Oak Bay Rec Ctr 1975 Bee St 10 am - Vic Y Judy, 250-385-8519
<b>3</b> 5/10 km MW - 1A/3C McMinn Park Maplegrove St 10 am - GCW Ada, 778-922-1950	<b>4*</b> RLDW 004 - 9:30 am Running Room 777 Royal Oak Dr	<b>5</b> 10 km PT 260 Running Room 777 Royal Oak Dr 6 pm - GCW	<b>6*</b> PT 088 - 9:30 am Frontrunners 755 Goldstream Ave	<b>7</b> 10 km PT 019/025 Harbour Towers 6 pm - GCW Bill, 250-920-3745 George, 250-386-1279	<b>8</b>	<b>9</b> 5/10 km MW - 2B/3C Mount Doug "To the Top" Cordova Bay Rd 10 am - GCW
<b>10</b>	<b>11*</b> PT 015/256 - 9:30 am Oak Bay Rec Ctr 1975 Bee St	<b>12</b> As above	<b>13*</b> PT109 - 9:30 am Greenhawk Harness 7154 W Saanich Rd Brentwood Bay	<b>14</b> As above	<b>15</b>	<b>16</b> 5/10 km MW - 1B/2B Harvest Walk Centennial Park 10 am - Vic Y Carol, 250-386-6670
<b>17</b> 5/10 km PT 083 Running Room 2401G Millstream Rd 10 am - JFP Francine, 250-361-4583	<b>18*</b> PT 026 - 9:30 am Sidney Travelodge 2280 Beacon Ave	<b>19</b> As above	<b>20*</b> To be announced	<b>21</b> As above	<b>22</b>	<b>23</b> 5/10 km MW - 1B/2B Gordon Head Rec Ctr 4100 Lambrick Way 10 am - GCW Renee, 250-294-7099
<b>24</b>	<b>25*</b> PT 306 - 9:30 am Cedar Hill Rec Ctr 3220 Cedar Hill Rd	<b>26</b> As above	<b>27*</b> PT 140 - 9:30 am Pearkes Rec Ctr 3100 Tillicum Rd	<b>28</b> As above	<b>29</b>	<b>30</b>