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**RUNNING REMINDS  
YOU THAT EVEN IN  
YOUR WEAKEST  
MOMENTS, YOU ARE  
STRONG**

**THIS MONTH I AM GOING TO RUN.....**

<b>MON</b>	<b>TUES</b>	<b>WED</b>	<b>THUR</b>	<b>FRI</b>	<b>SAT</b>	<b>SUN</b>
<b>TOTAL DISTANCE:</b>						<b>1ST</b>
	<b>31ST</b>					



Medals with distances to suit you, with a donation from every live event sale given to charity.