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

**IF IT DOESN'T
CHALLENGE YOU,
IT WON'T CHANGE
YOU
- FRED DEVITO**

MON	TUES	WED	THUR	FRI	SAT	SUN
Medals with distances to suit you, with a donation from every live event sale given to charity.			1ST			
					31ST	



TOTAL DISTANCE: