

OCTOBER

ONE RUN CAN CHANGE
YOUR DAYS. MANY
RUNS CAN CHANGE
YOUR LIFE

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

| 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: