

# SEPTEMBER

I DON'T RUN TO ADD DAYS TO MY LIFE, I RUN TO ADD LIFE TO MY DAYS  
- RONALD ROOK

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

MON	TUES	WED	THUR	FRI	SAT	SUN
		1ST				
			30TH			Medals with distances to suit you, with a donation from every live event sale given to charity.



**TOTAL DISTANCE:**