




OCTOBER 2016

SUN	MON	TUE	WED	THU	FRI	SAT
2 SOAR	3	4 2.0 Miles 3:30-5:30p (Lowe's) Sarkissian	5	6 2.0 Miles 3:30-5:30p (Lowe's) Sarkissian	7	8 3.0 Miles 6:00-8:00a (Lowe's) Sarkissian
9	10	11 2.0 Miles 3:30-5:30p (Lowe's) Sarkissian	12 Event Program Info Night (Sequoia Charter) 7-8:30p 	13 3.0 Miles 3:30-5:30p (Lowe's) Sarkissian	14	15 3.0 Miles 6:00-8:00a (Lowe's) SOAR Nutrition Clinic Sarkissian 
16	17	18 3.0 Miles 3:30-5:30p (Lowe's) Sarkissian	19	20 3.0 Miles 3:30-5:30p (Lowe's) Sarkissian	21	22 HMFC Bi-athlon! 5K/ 45 Min Spin 5-8:00a (Valencia) Sarkissian 
23	24	25 3.0 Miles 3:30-5:30p (Lowe's) Sarkissian	26	27 4.0 Miles 3:30-5:30p (Lowe's) Sarkissian	28	29
30 Event LA Cancer Challenge 6-10am (UCLA) 	31 					