







OCTOBER 2017

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