



NOVEMBER 2018



SUN	MON	TUE	WED	THU	FRI	SAT
				1 4.0 Miles 3:30-5:30p (Loves) Hallen	2	3 5.0 Miles 6:00-8:00a (Facey) Sarkissian
4	5	6 4.0 Miles 3:30-5:30p (Loves) Sarkissian	7	8 4.0 Miles 3:30-5:30p (Loves) Hallen	9	10  Event Brave 5K 6-10am (San Pedro)
11	12	13 4.0 Miles 3:30-5:30p (Loves) Sarkissian	14	15 5.0 Miles 3:30-5:30p (Loves) Hallen	16	17 5.0 Miles 6:00-8:00a (Heritage Park) SOAR Nutrition Clinic 
18	19	20 5.0 Miles 3:30-5:30p (Loves) Sarkissian	21	22 	23	24 5.0 Miles 6:00-8:00a (Facey) Sarkissian
25	26	27 5.0 Miles 3:30-5:30p (Loves) Sarkissian	28	29 4.0 Miles 3:30-5:30p (Loves) Hallen	30 	