







October 2015

SUN	MON	TUE	WED	THU	FRI	SAT
SOAR		30 4.0 Miles 3:30-5:30p (Lowe's) Sarkissian		1 3.0 Miles 3:30-5:30p (Lowe's) Sarkissian	2	3 4.0 Miles 6:00-8:00a (Facey) Sarkissian
4	5	6 4.0 Miles 3:30-5:30p (Lowe's) Sarkissian	7	8 4.0 Miles 3:30-5:30p (Lowe's) Sarkissian	9	10 cycleup  Cycle Up Bi-athlon! 3.1 Mi / 45 Min Spin 5-8:00a (Valencia) Sarkissian
11	12	13 4.0 Miles 3:30-5:30p (Lowe's) Sarkissian	14	15 5.0 Miles 3:30-5:30p (Lowe's) Sarkissian CPK NIGHT!  california PIZZA KITCHEN	16	17
18 Event Spooktacular 5K (Los Angeles) 530-10am	19 	20 5.0 Miles 3:30-5:30p (Lowe's) Sarkissian	21	22 4.0 Miles 3:30-5:30p (Lowe's) Sarkissian	23	24 5.0 Miles 6:00-8:00a (Facey) Sarkissian
25		27 5.0 Miles 3:30-5:30p (Lowe's) Sarkissian	28	29 4.0 Miles 3:30-5:30p (Lowe's) Sarkissian	30	31 Happy Halloween  5.0 Miles 6:00-8:00a (Lowe's) Sarkissian