This is Just the Beginning… *Life Is Only One* - Weekly Schedule -

Sept. 27th - Oct. 2nd

OCTOBER - RACES & ATTENDANCEES

EVERY CHILD MATTERS 5K Bayfront Park, Hamilton October 2nd @ 12pm	STICKS N' STONES 53K Christie Lake Cons. Area, Dundas October 9th @ 9am	VIRTUAL BOSTON MARATHON See Vicky for Location & Time Oct 9th	BRUCE TRAIL NIAGARA SECTION Grimsby to Queenston Oct. 9-10 @7:30am	SPARTAN SPRINT 5K Blue Mountain October 24th @ 1:15pm
Rob, Laura, Vicky, Belen	*CHLOE*	*VICKY, DON*	*ERIN, KATHERINE*	*REBECCA, KAREN, VICKY*
	TONY		*EMILY, JESSICA*	*JOANNE + 2 FRIENDS*
	REBECCA			*BELEN, CESAR, JULIA, LINDSAY, CHLOE*

Upcoming Socials

MONDAY OCTOBER 11th
SCRRW WALK-RUN-BIKE SOCIAL

SUNDAY OCTOBER 17th
SCRRW WINERY SOCIAL

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AM		6:15am - CRUSH'N IT "TRIPLE-T" (Tiffany Track Tuesday) Notre Dame School Track, Welland				9am - NIAGARA FALLS MARATHON "5KM RACE SERIES" Merritt Island Park, Welland	9am - TRAIL APES "ROOTS-ROCKS-MUD TRAIL RUN" Location Posted Weekly on FB Messenger
PM	8pm - TRIP'N'FALL "HYDROHILLS" 20 Lockhart Dr., St. Cath	7pm - THE CORNERS RUN CREW "MODERATE PACE // POSITIVE SPACE" Location Posted Weekly on INSTAGRAM @thecornersruncrew	6:30pm - SCRRW "WALK-RUN-FUN" 16 Melbourne Ave., St. Cath	6:30pm - CRUSH'N IT "TRIPLE-T" (Tiffany Track Thursday) Oakes Park, Niagara Falls	6:00pm - YOGA by JULIA "SUNSET YOGA" Spring Gardens Park, St. Cath		

SCRRW TRAIL APES CRUSH'N IT TRIP'N'FALL THE CORNERS YOGA by JULIA NIAGARA FALLS MARATHON