

30-60 Wednesday Running Group Schedule

September 9	30 min.	Arrowview School
September 16	35 min.	PK Curling Rink-Bird Sanctuary
September 23	35 min.	Behind CIBC -QB 5K route
September 30	40 min.	Pool (Dawn & Grace Buckrub Trail)
October 7	40 min.	Springwood (beside Dog Park)
October 14	45 min.	Rathtreavor Parking lot (trails)
October 21	40 min.	Top Bridge (end of Allsbrook)
October 28	45 min.	Arrowview (Fern Trail to town)
November 4	50 min.	Pool (Garden/Fern Road & back)
November 11	45 min.	Pool (Rupert/Laburnum/Parker)
November 18	50 min.	View & Hollywood
November 25	55 min.	Arrowview to Memorial & Rupert
December 2	50 min.	Beach Hut (to McFeely/Surfside)
December 9	55 min.	French Creek Marina (to The Bluffs)
December 16	60 min.	PK Curling Rink (to Rathtreavor)

