

October 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			<i>1</i> Track Workout	<i>2</i>	<i>3</i>	<i>4</i> APPLEFEST
Go to www.gatecity.org for workout details. Adult track at 6:00						
<i>5</i> Ro-Jacks 8k NEGP			<i>8</i> Track Workout	<i>9</i>	<i>10</i>	<i>11</i>
<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i> General Meeting Shoe Night Track Workout	<i>16</i>	<i>17</i>	<i>18</i>
<i>19</i> Run for Shelter 5k NHGP			<i>22</i> LAST SUPPER Track Workout	<i>23</i>	<i>24</i>	<i>25</i>
<i>26</i> FreeFall 10k NHGP Mayors Cup Cross Country Boston						
Fun Run every Sunday morning at 9:30 from the Good Times restaurant, Rt 101, exit 3 in Candia						

November 2003

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						<i>1</i> PAL JO Tryouts
<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>7</i>	<i>8</i>
Fun Run every Sunday morning at 9:30 from the Good Times restaurant, Rt 101, exit 3 in Candia						
<i>9</i> Run for The Ages 5k Wakefield, Ma	<i>10</i>	<i>11</i>	<i>12</i>	<i>13</i>	<i>14</i>	<i>15</i>
<i>16</i> NE ASSOC JO Championship NH	<i>17</i>	<i>18</i>	<i>19</i> General Meeting	<i>20</i>	<i>21</i>	<i>22</i>
<i>23</i> Reg1 JO Cham- pionship NY	<i>24</i>	<i>25</i>	<i>26</i>	<i>27</i>	<i>28</i>	<i>29</i>
<i>30</i>						