

DON'T QUIT

2014 Consistency Club
Encouraging and Rewarding 100+ Mile Months



100 miles in October

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
29 Miles:	30 Miles:	31 Miles:	1 Miles:	2 Miles:	3 Miles:	4 Miles:
5 Miles:	6 Miles:	7 Miles:	8 Miles:	9 Miles:	10 Miles:	11 Miles:
12 Miles:	13 Miles:	14 Miles:	15 Miles:	16 Miles:	17 Miles:	18 Miles:
19 Miles:	20 Miles:	21 Miles:	22 Miles:	23 Miles:	24 Miles:	25 Miles:
26 Miles:	27 Miles:	28 Miles:	29 Miles:	30 Miles:	31 Miles:	1 Miles:

I
DON'T
QUIT



MILES DONE

October 2014 Consistency Club