

# DON'T QUIT

2014 Consistency Club  
Encouraging and Rewarding 100+ Mile Months



## 100 miles in September

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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:	1  Miles:	2  Miles:	3  Miles:	4  Miles:

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**DON'T**  
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September 2014 Consistency Club