



April 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						7:00am BTC Grounded Running Group Run 1
2	3	4	6:30pm Beaufort Middle School Track Night 5	6	7	7:00am BTC Waterfront Park Group Run 8
9	10	11	6:30pm Beaufort Middle School Track Night 12	13	14	7:00am BTC Pluff Mudd Coffee Group Run 15
16	17	18	6:30pm Beaufort Middle School Track Night 19	20	21	7:00am BTC Spanish Moss Trail Group Run Super Heroes vs Villians 5k Port Royal 22
Homesstead 10 x 5k Grounded Running Event 23	24	25	Beaufort Track Club Running Events Grounded Running in Store Events Other Running Events in the area		Local Races: April 22 - Superheroes vs Villians 5k April 23 - Homestead 10x 5k	

EACH STEP TAKES ME CLOSER TO MY GOAL...