



August 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Beaufort Track Club Running Events Grounded Running Events Other Running Events in the area		1 6:30pm 2 Beaufort Middle School Track Night - 200's	3	4	5 7:00am BTC Spanish Moss Trail Group Run
6	7	8	9 6:30pm Beaufort Middle School Track Night - 400's	10	11	12 7:00am BTC Habersham Group Run
13	14	15	16 6:30pm Beaufort Middle School Track Night - 800's	17	18	19 7:00am BTC Pluff Mudd Coffee Group Run
20 Homestead 10 x 5k Heatwave 5k 	21	22	23 6:30pm Beaufort Middle School Track Night - 1600's	24 Yoga for Runners with Martha McDuff Grounded Running 6:30pm - \$5	25	26 7:00am BTC Grounded Running Group Run
27	28	29	30 6:30pm Beaufort Middle School Track Night - 2400's	31		

EACH STEP TAKES ME CLOSER TO MY GOAL...