



October 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	6:30pm Beaufort Middle School Track Night - 200's	4 HHP XC Meet	5	6	7:00am BTC Spanish Moss Trail Group Run Shrimp Festival 5k Run Forrest Run
8	9	6:30pm Beaufort Middle School Track Night - 400's	11	12	13	7:00am BTC Waterfront Park Group Run Harvest Run 5k 5K by the Bay Oyster Roast
15	16	6:30pm Beaufort Middle School Track Night - 800's	18 Bluffton XC Meet	19	20	7:00am BTC Pluff Mudd Coffee Group Run Delirium Ultra 6, 12, & 24 Hour
22	23	6:30pm Beaufort Middle School Track Night - 1600's	25 Riverview XC Meet	26	27	7:00am BTC Grounded Running Group Run
29	30	6:30pm No Track Night Halloween	31 Beaufort Track Club Running Events Grounded Running Events Other Running Events in the area			

EACH STEP TAKES ME CLOSER TO MY GOAL...