



July 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			Beaufort Track Club Running Events Grounded Running Events Other Running Events in the area			7:00am BTC Waterfront Park Group Run 8:00am PERC Group Run Savannah, GA
2	3	4 Firecracker 5k 	6:30pm Beaufort Middle School Track Night - 200's	6	7	7:00am BTC Spanish Moss Trail Group Run
9	10	11	6:30pm Beaufort Middle School Track Night - 400's	13	8:30am Fripp Island Turtle Crawl 5k	14 7:00am BTC Pluff Mudd Coffee Group Run
16	17	18	6:30pm Beaufort Middle School 3 Mile Time Trail	20	21	7:00am BTC Grounded Running Group Run
23	24	25	6:30pm Beaufort Middle School Track Night - 800's	27	28	29

EACH STEP TAKES ME CLOSER TO MY GOAL...