



January 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	7:00am BTC Waterfront Park Resolution Run	6:30pm Beaufort Middle School Track Night - 200's				7:00am BTC Waterfront Park Group Run
		6:30pm Beaufort Middle School Track Night - 400's				RESOLUTION RUN 5k Dataw Island, SC
		6:30pm Beaufort Middle School Track Night - 800's				7:00am BTC Pluff Mudd Coffee Group Run
		6:30pm Beaufort Middle School Track Night - 1600's				7:00am BTC Spanish Moss Trail Group Run
		6:30pm No Track Night		Beaufort Track Club Running Events Grounded Running Events Other Running Events in the area		

EACH STEP TAKES ME CLOSER TO MY GOAL...