



May 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30pm Beaufort Middle School Track Night - 200's				7:00am BTC Waterfront Park Group Run Crab Crawl 5k Beaufort, SC
6		6:30pm Beaufort Middle School Track Night - 400's				7:00am BTC Spanish Moss Trail Group Run
13		6:30pm Beaufort Middle School Track Night - 800's		6:30pm Yoga for Runners Stretch Class with Martha McDuff - Limit Space RSVP		7:00am BTC Pluff Mudd Coffee Group Run
20		6:30pm Beaufort Middle School Track Night - 1600's				7:00am BTC Grounded Running Group Run Tabernacle Church 5k Beaufort, SC
27		6:30pm Beaufort Middle School 3 Mile Time Trial			Beaufort Track Club Running Events Grounded Running Events Other Running Events in the area	

EACH STEP TAKES ME CLOSER TO MY GOAL...