



July 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	6:30pm Beaufort Middle School Track Night - 200's	3	4	5	6 7:00am BTC Waterfront Park Group Run
8	9	6:30pm Beaufort Middle School Track Night - 400's	10	11	12	13 7:00am BTC Spanish Moss Trail Group Run
15	16	6:30pm Beaufort Middle School Track Night - 800's	17	18	19	20 7:00am BTC Hunting Island Group Run
22	23	6:30pm Beaufort Middle School Track Night - 1600's	24	25	26	27 7:00am BTC Grounded Running Group Run
29	30	6:30pm Beaufort Middle School Track Night - Grizzly Adams	31			

EACH STEP TAKES ME CLOSER TO MY GOAL...