





Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	7:00am BTC 4
						Waterfront Park
						Group Run
5	6	6:30pm 7	8	9	10	7:00am BTC 11
		Beaufort Middle School				Spanish Moss Trail
		Track Night - 200's				Group Run
12	13	6:30pm 14	15		17	7:00am BTC 18
		Beaufort Middle School		Riverview XC Night at		Hunting Island
		Track Night - 400's		Grounded Running		Volunteer Day
19	6:00pm 20	6:30pm 21	22	23	24	7:00am BTC 25
	Stroller Warrios	McTeer Bridge		Yoga Night with		Grounded Running
	at Grounded Running	Hill Repeats		Martha McDuff		Group Run
26	27	6:30pm 28				
		Beaufort Middle School				
		Track Night - 1600's				

EACH STEP TAKES ME CLOSER TO MY GOAL ...