



August 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4 7:00am BTC Waterfront Park Group Run
5		6 6:30pm Beaufort Middle School Track Night - 200's	7	8	9	10 7:00am BTC Spanish Moss Trail Group Run
12		13 6:30pm Beaufort Middle School Track Night - 400's	14	15	16 Riverview XC Night at Grounded Running	17 7:00am BTC Hunting Island Volunteer Day
19	20 6:00pm Stroller Warriors at Grounded Running	21 6:30pm McTeer Bridge Hill Repeats	22	23 Yoga Night with Martha McDuff	24	25 7:00am BTC Grounded Running Group Run
26		27 6:30pm Beaufort Middle School Track Night - 1600's	28			

EACH STEP TAKES ME CLOSER TO MY GOAL...