



November 2018



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3 7:00am BTC Waterfront Park Group Run Rock n Roll Marathon
4		5 6:30pm Beaufort High School Track Night - 200's	6	7	8	9 7:00am BTC Spanish Moss Trail Group Run Race 4 Life 5k
11		12 6:30pm Beaufort High School Track Night - 400's	13	14	15	16 7:00am BTC Hunting Island Volunteer Day Celadon Mile
18		19 6:30pm Beaufort High School Hill Repeats	20	21	22 Habitat Turkey Trot 5k	23 7:00am BTC Grounded Running Group Run
25		26 6:30pm Beaufort High School Track Night - 1600's	27			

EACH STEP TAKES ME CLOSER TO MY GOAL...