



# January 2019



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:30pm Beaufort High School Track Night - 200's				7:00am BTC Waterfront Park Group Run
6		6:30pm Beaufort High School Track Night - 400's				7:00am BTC Spanish Moss Trail Group Run  Resolution Run 5k & 10K
13		6:30pm Beaufort High School Track Night - 800's				7:00am BTC Pluff Mudd - Port Royal Volunteer Day
20		6:30pm Beaufort High School Track Night - 1600's				7:00am BTC Grounded Running Group Run
27		6:30pm Beaufort High School Track Night - Ladder				

**EACH STEP TAKES ME CLOSER TO MY GOAL...**