

*ARC Member Discount Available

[NOTE: Group Run times and locations may be changed by the Group Run Leader]

January 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 New Year's Day ARC Group Run 9:45am Odell	2 ARC Group Run 6pm Odell	3 Turtle Tracks 6pm Odell	4 Hill Repeats 7am Whitemarsh	5 ARC/TT Group Runs 7am Odell
6 Sunday Group Run 7am Odell	7 ARC/TT Group Runs 6pm Odell	8 Topsy Trot 6:30pm Aiken	9 ARC Group Run 6pm Odell	10 Turtle Tracks 6pm Odell	11 Speed Clinic 7am Odell	12 ARC/TT Group <u>Runs 7am Odell</u> Charleston Marathon 8am
13 Sunday Group Run 7am Odell	14 ARC/TT Group Runs 6pm Odell	15 ARC Board Meeting 6pm Alley Taproom	16 ARC Group Run 6pm Odell	17 Turtle Tracks 6pm Odell	18 Hill Repeats 7am Whitemarsh	19 ARC/TT Group <u>Runs 7am Odell</u> Red Shoe Run 5k/10k 8am Columbia
20 Sunday Group <u>Run 7am Odell</u> Jekyll Island Marathon 7:30am	21 M L King Day ARC/TT Group Runs 6pm Odell	22 Topsy Trot 6:30pm Aiken	23 ARC Group Run 6pm Odell	24 Turtle Tracks 6pm Odell	25 Speed Clinic 7am Odell	26 ARC/TT Group <u>Runs 7am Odell</u> Dog Gone Cold 5k 10am Lake Olmstead
27 Sunday Group Run 7am Odell	28 ARC/TT Group Runs 6pm Odell	29	30 ARC Group Run 6pm Odell	31 Turtle Tracks 6pm Odell		Resolution Run 5k 8am Evans

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February 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hill Repeats 7am Whitemarsh	2 ARC/TT Group Runs 7am Odell
3 Sunday Group Run 7am Odell	4 ARC/TT Group Runs 6pm Odell	5 Topsy Trot 6:30pm Aiken	6 ARC Group Run 6pm Odell	7 Turtle Tracks 6pm Odell	8 Speed Clinic 7am Odell	9 ARC/TT Group Runs 7am Odell Valentine's Brunch Social 10:30am
10 Sunday Group Run 7am Odell	11 ARC/TT Group Runs 6pm Odell	12 ARC Board Meeting 6pm Alley Taproom	13 Adopt A Highway Meeting 4pm ARC Group Run 6pm Odell	14 Valentine's Day Turtle Tracks 6pm Odell	15 Hill Repeats 7am Whitemarsh	16 Adopt A Highway and Run 8am
17 Sunday Group Run 7am Odell	18 President's Day RUN UNITED/ARC C25K Kickoff 6pm Aiken Elect.	19 Topsy Trot 6:30pm Aiken	20 ARC Group Run 6pm Odell	21 Turtle Tracks 6pm Odell	22 Speed Clinic 7am Odell	23 Augusta Half Marathon 7am AGS Commons
24 Sunday Group Run 7am Odell	25 ARC/TT Group Runs 6pm Odell	26	27 ARC Group Run 6pm Odell	28 Turtle Tracks 6pm Odell		

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March 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Hill Repeats 7am Whitemarsh	2 ARC/TT Group <u>Runs 7am Odell</u> Columbia Marathon 7:30am
3 RENEWALS DUE!!! Sunday Group Run 7am Odell	4 ARC/TT Group Runs 6pm Odell	5 Topsy Trot 6:30pm Aiken	6 ARC Group Run 6pm Odell	7 Turtle Tracks 6pm Odell	8 Speed Clinic 7am Odell	9 ARC/TT Group <u>Runs 7am Odell</u> 3 Bridges 5k 9am Lake Olmstead
10 Daylight Savings Sunday Group Run 7am Odell	11 ARC/TT Group Runs 6pm Odell	12 ARC Board Meeting 6pm Alley Taproom	13 ARC Group Run 6:30pm Odell	14 Turtle Tracks 6pm Odell	15 *4 Leaf Clover 5k 6pm Downtown Aiken	16 ARC/TT Group <u>Runs 7am Odell</u> Asheville Marathon & Half
17 Sunday Group <u>Run 7am Odell</u> Publix Marathon 7am Atlanta NYC Half Marathon 7:30am	18 ARC/TT Group Runs 6pm Odell	19 Topsy Trot 6:30pm Aiken	20 ARC Group Run 6:30pm Odell	21 Turtle Tracks 6pm Odell	22 Speed Clinic 7am Odell	23 ARC/TT Group <u>Runs 7am Odell</u> Dare to Tri 9am Fort Gordon
24 Sunday Group Run 7am Odell	25 ARC/TT Group Runs 6pm Odell	26	27 ARC Group Run 6:30pm Odell	28 Turtle Tracks 6pm Odell	29 Hill Repeats 7am Whitemarsh	30 *Triple Crown Road Race 7:30
31 Sunday Group Run 7am Odell						

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April 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 ARC/TT Group Runs 6pm Odell	2 Topsy Trot 6:30pm Aiken	3 ARC Group Run 6:30pm Odell	4 ARC Annual Meeting 7pm Alley Taproom	5 Speed Clinic 7am Odell	6 ARC/TT Group <u>Runs 7am Odell</u> Cooper River Bridge Run 10k
7 Sunday Group Run 7am Odell	8 ARC/TT Group Runs 6pm Odell	9 ARC Board Meeting 6pm Alley Taproom	10 ARC Group Run 6:30pm Odell	11 Turtle Tracks 6pm Odell	12 Hill Repeats 7am Whitemarsh	13 ARC/TT Group <u>Runs 7am Odell</u> Day Break 10 mil <u>7am Columbia</u> Tri the Midlands 8am Columbia
14 Sunday Group <u>Run 7am Odell</u> Ironman 70.3 Florida	15 Boston Marathon <u>10am</u> ARC/TT Group Runs 6pm Odell	16 Topsy Trot 6:30pm Aiken	17 ARC Group Run 6:30pm Odell	18 Turtle Tracks 6pm Odell	19 Speed Clinic 7am Odell	20 ARC/TT Group <u>Runs 7am Odell</u> Palmetto Half Marathon 7am
21 Easter Sunday Sunday Group Run 7am Odell	22 ARC/TT Group Runs 6pm Odell	23	24 ARC Group Run 6:30pm Odell	25 Turtle Tracks 6pm Odell	26 Hill Repeats 7am Whitemarsh	27 *RUN UNITED Half Marathon <u>7:30am Aiken</u> Tall Pines Olympic Tri 8am Clarks Hill
28 Sunday Group <u>Run 7am Odell</u> Tall Pines Sprint Tri 8am Clarks Hill	29 ARC/TT Group Runs 6pm Odell	30				

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May 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 ARC Group Run 6:30pm Odell	2 Turtle Tracks 6pm Odell	3 Speed Clinic 7am Odell	4 ARC/TT Group <u>Runs 7am Odell</u> Craw Daddy Dash 5k 9am Columbia
5 Sunday Group Run 7am Odell	6 ARC/TT Group Runs 6pm Odell	7 Topsy Trot 6:30pm Aiken	8 ARC Group Run 6:30pm Odell	9 Turtle Tracks 6pm Odell	10 Hill Repeats 7am Whitemarsh	11 ARC/TT Group <u>Runs 7am Odell</u> Ironman 70.3 Gulf Coast
12 Mother's Day Sunday Group Run 7am Odell	13 ARC/TT Group Runs 6pm Odell	14 ARC Board Meeting 6pm Alley Taproom	15 Adopt A Highway <u>Meeting 4pm</u> ARC Group Run 6:30pm Odell	16 Turtle Tracks 6pm Odell	17 Speed Clinic 7am Odell	18 Adopt A Highway <u>and Run 8am</u> Governor's Cup 7am Columbia
19 Sunday Group <u>Run 7am Odell</u> Ironman 70.3 Chattanooga	20 ARC/TT Group Runs 6pm Odell	21 Topsy Trot 6:30pm Aiken	22 ARC Group Run 6:30pm Odell	23 Turtle Tracks 6pm Odell	24 Hill Repeats 7am Whitemarsh	25 ARC/TT Group Runs 7am Odell
26 Sunday Group Run 7am Odell	27 Memorial Day ARC/TT Group Runs 6pm Odell	28	29 ARC Group Run 6:30pm Odell	30 Turtle Tracks 6pm Odell	31 Speed Clinic 7am Odell	