

*ARC Member Discount Available

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

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 6pm Odell	4 ARC Annual Meeting 7pm Alley Taproom	5 Speed Clinic 7am Odell	6 <u>ARC/TT Group Runs 7am Odell</u> Cooper River Bridge Run 10k
7 Sunday Group Run 7am Odell	8 ARC/TT Group Runs 6pm Odell	9 Topsy Trot 6:30pm Aiken	10 ARC Group Run 6pm Odell	11 Turtle Tracks 6pm Odell	12 Hill Repeats 7am Whitemarsh	13 <u>ARC/TT Group Runs 7am Odell</u> Day Break 10 mil 7am Columbia Tri the Midlands 8am Columbia
14 <u>Sunday Group 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 6pm Odell	18 Turtle Tracks 6pm Odell	19 Speed Clinic 7am Odell	20 <u>ARC/TT Group Runs 7am Odell</u> Palmetto Half Marathon 7am
21 Easter Sunday Sunday Group Run 7am Odell	22 ARC/TT Group Runs 6pm Odell	23 ARC Board Meeting 5:45pm Alley Taproom	24 ARC Group Run 6:30pm Odell	25 Turtle Tracks 6pm Odell	26 Pre-Race Pasta Dinner! 6:30pm Karen's	27 * <u>RUN UNITED Half Marathon 7:30am Aiken</u> Tall Pines Olympic Tri 8am Clarks Hill
28 <u>Sunday Group 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 Runs 7am Odell Fort Gordon Army Ten Miler 7:30am
5 Sunday Group Run 7am Odell	6 ARC/TT Group Runs 6pm Odell	7 Tippy 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 Runs 7am Odell 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 5:45pm Alley Taproom	15 Adopt A Highway Meeting 4pm ARC Group Run 6:30pm Odell	16 Turtle Tracks 6pm Odell	17 Speed Clinic 7am Odell	18 Governor's Cup 6am Columbia *Tayler's Wish 5k 8am Downtown Adopt A Highway 11am Odell
19 Sunday Group Run 7am Odell Ironman 70.3 Chattanooga	20 ARC/TT Group Runs 6pm Odell	21 Tippy 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 Tippy Trot 6:30pm Aiken	29 ARC Group Run 6:30pm Odell	30 Turtle Tracks 6pm Odell	31 Speed Clinic 7am Odell	

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June 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 *Amazing Grace 5k <u>8am Greenway</u> Run for the Hills 5k 8am N. Augusta
2 Sunday Group Run 7am Odell	3 ARC/TT Group Runs 6pm Odell	4 Topsy Trot 6:30pm Aiken	5 The Big Run 5k <u>6pm N. Augusta</u> ARC Group Run 6:30pm Odell	6 Turtle Tracks 6pm Odell	7 Hill Repeats 7am Whitemarsh	8 Run-N-Row 8am Lake Olmstead
9 Hotlanta Half <u>Marathon 7am</u> Sunday Group Run 7am Odell	10 ARC/TT Group Runs 6pm Odell	11 ARC Board Meeting 5:45pm Alley Taproom	12 ARC Group Run 6:30pm Odell	13 Turtle Tracks 6pm Odell	14 Speed Clinic 7am Odell	15 ARC/TT Group Runs 7am Odell
16 Father's Day Sunday Group Run 7am Odell	17 ARC/TT Group Runs 6pm Odell	18 Topsy Trot 6:30pm Aiken	19 ARC Group Run 6:30pm Odell	20 Turtle Tracks 6pm Odell	21 Hill Repeats 7am Whitemarsh	22 ARC/TT Group Runs 7am Odell
23 Sunday Group Run 7am Odell	24 ARC/TT Group Runs 6pm Odell	25 Topsy Trot 6:30pm Aiken	26 ARC Group Run 6:30pm Odell	27 Turtle Tracks 6pm Odell	28 Speed Clinic 7am Odell	29 ARC/TT Group Runs 7am Odell
30 Sunday Group Run 7am Odell						

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July 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 Independence Day Peachtree Road Race 6am Atlanta	5 Hill Repeats 7am Whitemarsh	6 ARC/TT Group Runs 7am Odell
7 XTERRA Harbison Half Marathon 7am Sunday Group Run 7am Odell	8 ARC/TT Group Runs 6pm Odell	9 ARC Board Meeting 5:45pm Alley Taproom	10 ARC Group Run 6:30pm Odell	11 Turtle Tracks 6pm Odell	12 Speed Clinic 7am Odell	13 ARC/TT Group Runs 7am Odell
14 Sunday Group Run 7am Odell	15 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 Hill Repeats 7am Whitemarsh	20 ARC/TT Group Runs 7am Odell
21 Sunday Group Run 7am Odell	22 ARC/TT Group Runs 6pm Odell	23 Topsy Trot 6:30pm Aiken	24 ARC Group Run 6:30pm Odell	25 Turtle Tracks 6pm Odell	26 Speed Clinic 7am Odell	27 ARC/TT Group <u>Runs 7am Odell</u> Proj. Lift Spirits 5k/ 10k 7am Augusta
28 Sunday Group Run 7am Odell	29 ARC/TT Group Runs 6pm Odell	30 Topsy Trot 6:30pm Aiken	31 ARC Group Run 6:30pm Odell			

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August 2019						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Turtle Tracks 6pm Odell	2 Hill Repeats 7am Whitemarsh	3 ARC/TT Group Runs 7am Odell
4 Sunday Group Run 7am Odell	5 ARC/TT Group Runs 6pm Odell	6 Tippy Trot 6:30pm Aiken	7 Adopt A Highway <u>Meeting 4pm</u> ARC Group Run 6:30pm Odell	8 Turtle Tracks 6pm Odell	9 Speed Clinic 7am Odell	10 Adopt A Highway and Run 7am
11 Sunday Group Run 7am Odell	12 ARC/TT Group Runs 6pm Odell	13 ARC Board Meeting 5:45pm Alley Taproom	14 ARC Group Run 6:30pm Odell	15 Turtle Tracks 6pm Odell	16 Hill Repeats <u>7am Whitemarsh</u> Ironman 70.3 Augusta Camp	17 Ironman 70.3 Augusta Camp <u>GatorFest</u> ARC/TT Group Runs 7am Odell
18 Ironman 70.3 Augusta Camp <u>Ride for Reason</u> Sunday Group Run 7am Odell	19 ARC/TT Group Runs 6pm Odell	20 Tippy Trot 6:30pm Aiken	21 ARC Group Run 6:30pm Odell	22 Turtle Tracks 6pm Odell	23 Speed Clinic 7am Odell	24 ARC/TT Group Runs 7am Odell
25 Sunday Group Run 7am Odell	26 ARC/TT Group Runs 6pm Odell	27 Tippy Trot 6:30pm Aiken	28 ARC Group Run 6:30pm Odell	29 Turtle Tracks 6pm Odell	30 Hill Repeats 7am Whitemarsh	31 ARC/TT Group Runs 7am Odell