

January to April 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7am ARC Level 4 Pace Start: Front of Odell near start line of Odell Track Distance: 10+ miles Pace: 8 to 830 Lead: Greg Flach Alternate: Andrea Scott	6pm: ARC Level 3 Pace Run Start: Front of Odell Distance: 5 miles Pace: 9 to 10 Lead: Tom Cowlam Alternate: Abigail McElhenney	6pm: ARC Level 2A Pace Run Start: Front of Odell Distance: 5 miles Pace: 9 to 11 Lead: Amy Steedley Alternate:	6pm: ARC Level 3 Pace Run Start: Front of Odell Distance: 5 miles Pace: 9 to 10 Lead: Tom Cowlam Alternate: Abigail McElhenney	6pm: ARC Level 2A Pace Run Start: Front of Odell Distance: 5 miles Pace: 9 to 11 Lead: Amy Steedley Alternate:		7am ARC Level 3 Pace Run Start: Front of Odell Distance: 8 to 10 miles Pace: 9 to 11 Lead: Teri Eckel Alternate: Larry Christy
	540pm: ARC Level 2B Pace Run Start: Back of Odell Distance: 3 miles Pace: 12 to 13 Lead: Susan Payne Alternate: Denise Bracco Carroll			540pm: ARC Level 2B Pace Run Start: Back of Odell Distance: 3 miles Pace: 12 to 13 Lead: Susan Payne Alternate: Denise Bracco Carroll		7am ARC Level 2B Pace Run Start: Front of Odell Distance: 4 to 6 Pace: 12-13 Lead: Franny Weaver Alternate: Beth Goffinet
	6pm: ARC Level 1 Pace Run Start: Back of Odell Distance: 3 miles Pace: 13 to 18 Lead: Dane Watkins Alternate: Andrea Scott Jocelyn Cascio			6pm: ARC Level 1 Pace Run Start: Back of Odell Distance: 3 miles Pace: 13 to 18 Lead: Dane Watkins Alternate: Andrea Scott Jocelyn Cascio		8am: ARC Level 1 Pace Run Start: Back of Odell Distance: 3 miles Pace: 13 to 18 Lead: Dane Watkins Alternate: Andrea Scott Jocelyn Cascio

At Aiken Running Club, we want to help runners of all levels reach their personal goals. Please see the Group and Pace Run designations above. Please check the members' Facebook page for additional runs to meet your goals:

- **ARC Level 4:** This group are avid long distance runners who are working towards their next race. This group paces between 8 to 830 minutes a mile.
- **ARC Level 3:** This is for avid runners who may be working towards a personal best in their next race. This group paces between 9 to 11 minutes a mile.
- **ARC Level 2A:** This is for runners who may be working to increase their endurance and pace between 9 to 11 minutes a mile.
- **ARC Level 2B:** This is for people that have participated in races in the past and generally pace between 11 to 13 minutes a mile. 60 sec run/ 30 sec walk
- **ARC Level 1:** This is for people that may be new to running, returning to running after injury and generally pace between 13 to 18 minutes a mile.

January Events 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			ARC New Year's Day all Pace Group Run @ Odell 1	2	3	4
5 Alley Tap Room Bend and Brew	6	7 ARC Board Meeting Alley Tap Room Tippy Trot	8	9 ARC Group Run Leader and Spring Training Mentor Info Session @Odell 6pm	10 ARC Shirt Order Day	11 Charleston Marathon
12 Alley Tap Room Bend and Brew	13	14 Alley Tap Room Tippy Trot	15 ARC Triple Crown Volunteer Info Session @Panera 6pm	16 Run Disney 5 K	17 RunDisney 10K	18 Red Shoe Run 5k and 10 k Columbia, SC RunDisney Half
19 Alley Tap Room Bend and Brew Run Disney Marathon Jekyll Island Marathon	20 MLK Holiday	21 Alley Tap Room Tippy Trot	22	23	24	25 ARC Shirt PickUp Day
26 Alley Tap Room Bend and Brew	27	28 Alley Tap Room Tippy Trot	29 Run United/ARC Couch to 5k Info Session	30	31	

****Please note, only events labeled ARC are sponsored by the Aiken Running Club – Please check the Aiken Running Club Members Facebook page for details.**

For the Aiken Community Events and National Runs noted above, please check the events website embedded in the calendar for event information, cancellations etc. When a hyperlink is not available, you will need to check the events Facebook page.

February Events 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1 RunUniversal 5k Furry 5K for FOTAS**ARC Discount**
2 <u>Alley Tap Room</u> <u>Bend and Brew</u> Run Universal 10k	3	4 <u>Alley Tap Room Topsy</u> <u>Trot</u>	5	6	7 ARC Shirt Order Day	8 ARC 65 Roses Brunch
9 <u>Alley Tap Room</u> <u>Bend and Brew</u>	10	11 ARC Board Meeting <u>Alley Tap Room Topsy</u> <u>Trot</u>	12	13	14	15
ARC Spring Training Week 1 16 <u>Alley Tap Room</u> <u>Bend and Brew</u>	17	18 <u>Alley Tap Room Topsy</u> <u>Trot</u>	19	ARC Spring Training Shoes and Socks 20	21	ARC Shirt PickUp Day 22 <u>Augusta University</u> <u>5k, 10k Half</u>
ARC Spring Training Week 2 23 <u>Alley Tap Room</u> <u>Bend and Brew</u>	ARC Spring Training Stretching 24	25 <u>Alley Tap Room Topsy</u> <u>Trot</u>	26	27	28	29 <u>Dog Gone Cold 5k</u>

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March Events 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
ARC Spring Training Week 3 Publix Marathon Atlanta Last Day Renewal 1	2	Alley Tap Room Tippy Trot 3	4	ARC Spring Training Cross Training Weight Lifting 5	6	Run Hard Columbia Marathon 3 Bridges 5K and 10K 7
ARC Spring Training Week 4 Daylight Saving 8 Alley Tap Room Bend and Brew	ARC Spring Training 9 Nutrition and Hydration	10 Alley Tap Room Tippy Trot	11	ARC Annual Membership Meeting 12	4 Leaf Clover 5K**ARC Discount*13	ARC Post Run bRUNch at Track Kitchen @ 830am 14
ARC Spring Training Week 5 Alley Tap Room Bend and Brew	16	ARC Board Meeting Alley Tap Room Tippy Trot 17	18	19	20	ARC Triple Crown *ARC Discount* 21
ARC Sprint Training Week 6 22 Alley Tap Room Bend and Brew	ARC Spring Training Gadgets and Gear 23	24 Alley Tap Room Tippy Trot	25	26	27	28 Run the Bluegrass
ARC Spring Training Week 7 29 Alley Tap Room Bend and Brew	30	31 Alley Tap Room Tippy Trot				

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April Events 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	ARC Spring Training Safety 2	3	Cooper River Bridge Run 4
ARC Spring Training Week 8 5 <u>Alley Tap Room Bend and Brew</u>	ARC Spring Training Fun, Flair, Photos 6	7 <u>Alley Tap Room Tipsy Trot</u>	8	9	10	Amazing Grace 5k 11
ARC Spring Training Week 9 <u>Alley Tap Room Bend and Brew</u> Easter Sunday 12	13	ARC Board Meeting <u>Alley Tap Room Tipsy Trot</u> 14	15	ARC Spring Training Race Morning Prep 16	Run Disney 5k 17	Run Disney 10k Braelyn Foundation 5k *ARC Discount* 18
ARC Spring Training Week 10 19 Run Disney Half Marathon <u>Alley Tap Room Bend and Brew</u>	20 Boston Marathon	<u>Alley Tap Room Tipsy Trot</u> 21	22	23	24	25 <u>Run United 5 k and Half Marathon</u> *ARC Discount* ARC Post Run bRUNch at Betsy's
<u>Alley Tap Room Bend and Brew</u> 26	27	<u>Alley Tap Room Tipsy Trot</u> 28	29	30		

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