

# BEAR CREEK RUNS

**RUN YOUR OWN WORLD!!!**



**MONDAY: BEER CREEK RUN and YOGA CLUB** 6-8 PM MEET at *WHATS ON TAP* for run and the east lawn at Keller Town Hall for YOGA.

**TUESDAY: SPPEEDD DAY** 6 AM track workout at Keller Middle School track.

**WEDNESDAY: SUNRISE RUNNERS' WORK OUT**, core and balance. Meet at sunrise Bear Creek Running Co. ( 50 minute work out)

**THURSDAY: SHANNON RUNNING CLUB**, 6-8PM AT SHANNON BREWERY 800 N MAIN ST. **FB** group.

**SATURDAY: 6AM** training group runs, water and routes supplied all levels all distances. **7AM-** beginner/5K group now forming.

**SUNDAY: TRAIL DAY**, 7:00 AM EAGLE MOUNTAIN PARK TRAIL HEAD. Destination trail last Sunday of the month. ( events on **FB**)

