

# BEAR CREEK RUNNING CO. RUNS

KELLER TEXAS

**MONDAY**

**BEER CREEK RUN CLUB** 6pm meet at What's on Tap, 2.75 park loop.

**YOGA in the Park** 6:15pm

Under the trees at Town Hall. Get your stretch on! Thru daylight savings

**WEDS**

**NORTH RUNNING CREW** 7pm

Meet at *GRUB Burger Bar*, 3101 Heritage Trace Pkwy

Out n Back 5K all levels.

**THURS**

**SHANNON RUN CLUB** 6pm

Meet at *Shannon Brewery*,

801 N Main St, 2 mile loop,

beer, food trucks, family friendly.

**SAT**

**6 AM TRAINING RUN** Meet at store for your long run, 10 mile route published ea week add or subtract as needed.

**7:00 AM Couch 2 5K** join in and train with us. 2-3 miles and HiT workouts.

**SUN**

**TRAIL DAY!** 7:00 am, meet weekly at Eagle Mountain Park, destination trail last Sunday of the month. Check our FB events for details.