



BEAR CREEK RUNNING CO. BEAR RUNNING CO.

RUN LOCAL

MON

BEER CREEK RUN CLUB- 6 PM

Meet at Keller What's on Tap, run the park trails and enjoy friends. 2.75 miles **FB GROUP**

TUESDAY

DALLAS DIRT RUNNERS- 6:00 PM

Hit the Horseshoe Trails, Lake Grapevine. **DDR FB Group**, join group for weekly details and trail camaraderie.

WEDS

FREE RUNNING CLINICS- 6:15 PM

Free topical info sessions on Running Form, Nutrition, Injury Prevention, Stretching, Foam Rolling, topics vary. Check our **FB events for the next clinic.**

THUR

SHANNON RUN CLUB 6:00 PM

Meet at Shannon Brewery Tap Room, 800 N Main St. 2 mile Run, walk, beer, food trucks, fun. **FB Group**

SAT

ParkRun 5K- FREE 8:00 AM

Keller Pointe next to the dog park: free timed community 5k register at www.parkrun.us/bearcreekgreenbelt/