



RUN LOCAL

BEAR CREEK RUNNING CO.

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

What's On Tap NHR Runners- 6:15PM

Meet at What's on Tap NRH, up to 6 miles. **FB Group**

DALLAS DIRT RUNNERS- 6:00 PMish

Hit the Horseshoe Trails, Lake Grapevine.

FB Group join group for weekly details and trail camaraderie.

WEDS

NORTH RUNNING CREW-6:30 PM

Meet at GRUB burger bar, Alliance.

3101 Heritage Trace Pkwy.

Speedy out and back 5K all levels encouraged.

Come Run, Eat and Drink! **FB Group**

THUR

SHANNON RUN CLUB 6-9 PM

Meet at Shannon Brewery Tap Room, 800 N

Main St. 2 mile Run, walk, beer, food

trucks, fun. **FB Group**

SAT

6:30 AM Long Runs- weekly 6-10+ mile

routes, train with Bear Creek Run Club. Meet at the store.

FB Group

ParkRun 5K- FREE 8:00 AM

Keller Pointe, free timed 5k register at www.parkrun.us/bearcreekgreenbelt/