

RUN LOCAL !



**BEAR CREEK
RUNNING CO.
KELLER, TX**

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](#)

YOGA UNDER THE TREES -6:15 PM

Bring your mat and hydration. Outside Keller Town Hall, 1100 Bear Creek PRKWY. Donation based for local charity. May 11 thru July 27

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.

Morning HIT workout - 6AM

Meet at Keller Town Hall water fountain. 1K walk/run warm up with HIT exercises, 60 minutes of running essentials. May 12-Sept.

NORTH RUNNING CREW-7PM

Meet at GRUB burger bar, Alliance. 3101 Heritage Trace Pkwy. Speedy out and back 5K all levels encouraged. Come Run! [FB Group](#)

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](#)

6:30 AM Long Runs- weekly 6-10+ mile routes, train with Bear Creek Run Club. Meet at the store.

[FB Group](#)

Bear Creek 5K- FREE 8:00 AM

Keller Pointe, free timed 5k register at Bear Creek 5K run sign up.com

TUESDAY

WEDS

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