



# BEAR CREEK RUNNING CO. BEAR CREEK 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](#)

### **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**

**THUR**

**SAT**