



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**

TUES

What's On Tap NHR Runners- 6:15PM
Meet at What's on Tap NRH, up to 6 miles. **FB Group**
DALLAS DIRT RUNNERS- 6:30 PM
Hit the Horseshoe Trails, Lake Grapevine. **FB Group**

WEDS

NORTH RUNNING CREW-7PM
Meet at GRUB burger bar, 3101 Heritage Trace Pkwy. Speedy out and back 5K all levels encouraged. Come Run! **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**

SAT

6 AM Long Runs- weekly 6-10+ mile routes, train with Bear Creek Run Club. **FB Group**
9 AM ParkRun 5K- FREE
Keller Pointe, free timed 5k register at www.parkrun.us/bearcreekgreenbelt/

SUN

TRAIL RUN SUNDAY- 7:30 AM
Hit the trails at Eagle Mt Park, plus monthly destination run. **FB Events.**