



R U N N I N G C A L

MON

BEER CREEK RUN CLUB
6 PM @What's on Tap 2.7
miles **FB group**

TUE

HORSHOE TRAILS 6:30 PM
Lake Grapevine with the Drew &
Dallas Dirt Runners
KELLER TOWN HALL- 5:30 PM
Speed work outside Town Hall

WEDS

NORTH RUNNING CREW
7 PM @ Grub Burger Bar
Alliance , 3 miles **FB group**

THUR

SHANNON RUNNING CLUB
6 PM @ Shannon Brewery 2 Mile
loop with food trucks. **FB group**

SATURDAY

BEAR CREEK RUN CLUB **FB group**
6 AM up to 10 mile plus training run
through Bear Creek Park.
7 AM Couch 2 5K weekly quality
work out, all levels.
9 AM PARKRUN KELLER
free timed 5K, register at
www.parkrun.us/bearcreekgreenbelt/

SUN

**TRAIL DAY! 7:30 AM @ EAGLE
MOUNTAIN PARK, follow
events **FB** (road trip run last Sunday
of the month.)**