

Get Some Fresh Air!

Run/Walk Club

Sponsored by The Alliance YMCA and the Nebraska Chapter of the Barefoot Runners Society

Meets Thursdays at 6pm.

Run/Walks are on a “Hare and Hounds” (Google it) format, so that each person should be challenged on their own level while having fun with the group.

Starting Locations for upcoming Runs:

July 7: Parking lot across from Zesto's

July 14: Central Park Fountain

July 21: Library Parking Lot

July 28: In Front of Thiele's Pharmacy

August 4: Main Gate to AHS Stadium

In case of Inclement Weather, we will meet INSIDE the YMCA.

This group is FREE to join FOR EVERYONE!

All Running routes will be stroller friendly. All ages welcome!

More info: www.facebook.com/BRSNebraska or call the YMCA.

Lemonade is available after all runs.