

# The White Rock Running Co-op - RUN FREE!

*Free Weekly Group Runs*



**For more information  
Visit us on facebook or [www.thewrrc.com](http://www.thewrrc.com)**

Meet new people and have fun  
 All paces and abilities welcome  
 Discounts for shoes, gear, and food  
 Run all through Dallas and White Rock  
 Social events, happy hours and group outings

Easy social runs or  
 Train for a half or full marathon  
 Long runs, hills, track, tempo  
 Build endurance, strength, speed  
 Train and travel to destination races

