

Cleveland County Family YMCA Running Club

There are many runners throughout our wonderful community. Running benefits your health and happiness. It also is a great chance to spend time with other people of similar interest. The YMCA is working with individuals in the community that enjoy running and would like to share the experience with others.

The Running Club is not something you have to pay for, need to sign-up for or have to commit to for a period of time. It is simply a way to connect runners together and also help individuals who would like to try running, but need some support.

Each run that is posted has been either a new time that has been set for the Running Club or is an established run that runners are welcoming new individuals on their runs.

So what about this Running Club?

- Do I just show up at one of these times to run?
 - Yes, however weather, personal emergencies, etc... will dictate if run has been changed, but Yes these times will be consistent
- Can I invite others on my runs?
 - Yes, just let us know, especially if you have a normal time that you run and the YMCA will post it for others to see and join in
- Do I have to be a member of the YMCA?
 - No, these runs take place in the community and the YMCA is just trying to help all people reach their God given potential- the Running Club is just one way to help do that in the community
- I'm not very fast and don't run very far, but would like to try getting started-Is this for me?
 - Yes, these people have a passion for running and were just like you at one point, they will help you out and also different groups/times will be different running speeds, thus allowing you to choose what speed/distance is good for you
- There's a race coming up that I would like to try running in, but I don't want to run it by myself- Do you think anyone else would run it with me?
 - Yes, the Club is designed to connect people together, just ask around and connect with those that may have already signed up

YMCA Mission: Helping all people reach their God given potential in spirit, mind and body.

