

Wednesday

5:00 AM **Up Town Shelby**
Leaders: Janet Roebuck 704-482-6877
 Juls Hux 704-434-0827
 Emily Yelton 704-487-4323

3-5 miles
jproebuck@yahoo.com
jhux@carolina.rr.com
eb_yelton@yahoo.com

5:30 AM **Dover Foundation YMCA** **6 miles**
Leader: Karma Edwards 704-477-6876 Karma.Edwards@clevelandcounty.com

5:15 PM **Shelby City Park** **Depends on group**
Leaders: vary, but two different groups run on this day/time/location

Thursday

5:00 AM **Up Town Shelby**
Leaders: Janet Roebuck 704-482-6877
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 Emily Yelton 704-487-4323

3-5 miles
jproebuck@yahoo.com
jhux@carolina.rr.com
eb_yelton@yahoo.com

Friday

5:00 AM **Up Town Shelby**
Leaders: Janet Roebuck 704-482-6877
 Juls Hux 704-434-0827
 Emily Yelton 704-487-4323

3-5 miles
jproebuck@yahoo.com
jhux@carolina.rr.com
eb_yelton@yahoo.com

5:15 PM **Shelby City Park** **Depends on group**
Leaders: vary, but two different groups run on this day/time/location

Saturday

Saturday	8:00 AM	Kings Mtn. YMCA (distance depends on group) dozmore@clevecoymca.org rsuess@clevecoymca.org
Leaders: David Ozmore	704-739-9631	
Rosemary Suess	704-739-9631	
Paula Moss	704-481-8736	
Tina Hollifield	704-734-1452	

Sunday

1:30 PM	Boiling Springs	Distance depends on group (Meet at the tennis courts at the near the football stadium) gottarun2@bellsouth.net
Leader: Bubba Anthony	704-434-7831	

Non-Scheduled Runs

Weekends	Crowders Mountain for trail runs (will announce these runs prior to that weekend) Georgetherunner@aol.com	
Leader: George Patterson	704-739-1933	

6:00 PM	Boiling Springs	Depends on group gottarun2@bellsouth.net
Leader: Bubba Anthony	704-434-7831	

Other Runs may come up-
please check our web site or the bulletin board at your YMCA Branch for updates

Boiling Springs YMCA
704-434-0441

Kings Mountain Family YMCA
704-739-9631

Dover Foundation YMCA
704-484-9622

www.clevecoymca.org

Would you like to lead a group? Are you going on a run and would like to invite others?
Please let us know and we will spread the word.

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