Lakeland Hills Family YMCA

TRAIL RUN CLUB

CONNECT. EXPLORE. THRIVE.

A welcoming trail running community for all levels.
Get outside, get moving, and grow stronger together.

CONNECT
with nature and others

EXPLORE
new trails and challenge yourself

THRIVE
through movement, consistency, and community

ALL LEVELS
welcome 18+



SATURDAYS FOR 8 WEEKS
September 12–November 7
18+ | Loose rock / natural terrain

8:30 AM – BEGINNERS
Walk/jog 1 mile out and back

Meeting at the Tourne's small 2nd parking lot by the red trailhead on McCaffrey Lane.

9:00 AM – INTERMEDIATE
Jog/run 3.23 mile loop

Meeting at the Tourne's small 2nd parking lot by the red trailhead on McCaffrey Lane.

Coach Beverly will bring up the back at both groups so no one is left behind.

This isn't a race,
just a fun way to spend time outdoors together and begin or improve our trail running.

QUESTIONS?
Contact
kellyn@lhymca.com

COACH BEVERLY MELTON
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214-766-2938

Lakeland Hills Family YMCA | 100 Fanny Road, Mountain Lakes, NJ