

Lake Grapevine Runners and Walkers (LGRAW) 2010 Calendar (not complete)

Bold In the Cold, Jan. 23

Hound Dog Hustle, April 24

Group Runs

Every Saturday or Sunday morning 35-50 people meet at the RAW clubhouse for the group run/walk. Members run a wide variety of paces and distances, and we will pair you with someone to show you the ropes. During standard time we start at 8:00 am (7:00 am during daylight savings time). Arrive a few minutes early to hear announcements.

On weekends we run on two courses. The main course known as the west loop has water and sports drink stationed every few miles. The first water stop is approximately 1.3 miles from the clubhouse and the second is at the 2.75 mile mark. The full course is four miles out and four miles back. The east loop is a six mile out and back (12 miles total) course. Both courses are marked every ¼ mile, and wind through parks, along the lake shore and through neighborhoods.

On Wednesdays and Fridays at 7:00 am a smaller group runs the scenic trails (off-roads) around Lake Grapevine. These runs also begin and end at the RAW clubhouse and cover all paces.