



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
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COACH BEVERLY MELTON

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



GET OUT.
GET MOVING.
BELONG.