



WHY LOVE RUNNING WITH US?

FEEL HEALTHY

Since it improves aerobic fitness, running is a great way to help improve your cardiovascular health. Plus, it burns calories and can build strength.

FEEL FREE

Physical exercise, running included, is known to release endorphins in the brain. Endorphins make you more energetic, more awake and, yes, happier.



GET SOCIAL

When we run with others, we can run farther and faster more easily. Social running can pull you out of a running funk or low mood, inspire you to try new events.

FEEL STRONG

Running strengthens your heart by pumping blood more effectively through your body.

