

Mind Over Miles Run Schedule

A space to move, connect, and grow—at your own pace.

May

May 16th — 10 Miles

May 30th — 5K

June

June 13th — 10K

June 27th — 5K

July

July 12th — 10 Miles

July 25th — 5K

August

August 15th — 10K

August 29th — 5K

September

September 13th — 10 Miles

September 26th — 5K

October

October 10th — 10K

October 24th — 5K

November

November 15th — 10 Miles

November 28th — 5K

December

December 12th — 10K

December 26th — 5K

Half Marathons

Offered throughout the year, with dates announced along the way.

Start Time

We gather and begin all runs at 7:00 am.