

Capital Striders Beginning Runnin Group 2021



WHO: New or former runners who want to get back into running and racing

WHAT: A running group with the goal to have fun while learning the basics of running and racing

WHY: To have fun, meet other runners and learn the basics of running while preparing for any of several areas such as Drake Relays Road Races, Dam to Dam, Clive Running Festival, Capital Pursuit and the Road O Croc Living History Farms

COST: FREE!

WHEN: Each ?? at 6 PM beginning May ?? and continues into October.

[Clive group web site here](#)

WHERE: Campbell Park in Clive (off 128th St between University Ave and Hickman Rd) [Map.here](#)

Info: Curt or Nancy at 515-226-0860 or Curt10K@aol.com

WHEN: Each ?? at 6 PM beginning May ?? and continues into October.

[Indianola group web site here](#)

WHERE: McVay Trailhead, 300 Block of East 5th Street, Indianola [Map.here](#)

Info: Bobbi at [Contact](#)

WHEN: ?? nights @6 pm, beginning ?? and running to October.

WHERE: Meets in the parking lot of Knoxville High School track, Knoxville [Map.here](#)

Info: Luanne DeZwarte at 641-842-4444 or ldezwarde@yahoo.com

This will be the 26th year of this Capital Striders led running groups from the Clive location. We're looking for runners as well as former runners who are wanting to get back into shape. All ages and skill levels are welcome. We hope to have 40-80 runners at Clive for each session. Get out those running shoes and join us!

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