

Early Bird Run Crew

When?

Meet Monday-Friday, for 5k runs at 6am and 6.30am,

Where?

From the Cenotaph in central Harrogate (opposite the main Betty's). The route goes up Cambridge St towards Skipton Road and then around the Stray and West Park Stray and back to the Cenotaph.

Logistics;

It's free to join and welcomes runners of all abilities. Participation ranges from 5-30 but it's usually 10-20 people.

You can find out more on

Twitter @EarlyBirdRunnin

Facebook:

<https://m.facebook.com/groups/431018630997272/?ref=share>