

Join us August 16th for our Annual Breakfast Run

NCRC, in conjunction with the Galloway Training Team, will be co-hosting our annual breakfast run at Shelley Lake in Raleigh.



Don't miss this event

We will hold two runs:

7:00 AM for those who wish to go a little farther

8:00 AM for those who can't get out of bed

Run & Eat

Breakfast to follow shortly after the run.

Info: Mark Dowd 919-569-2589 or mtdowd@earthlink.net



*Juice, Fruit, Sausage, Bacon,
Canadian Bacon, & Pancakes*

Friends & food