



# Run & Brew

**APRIL 26 6:30-8PM**

Meet up at Plateau Runner for a group run and beer tasting!

If you've ever wanted to try out zero-drop running shoes, this is your chance! Altra will be here with a selection of demo shoes for our 3- to 5-mile group run.



**BIG BLOCK**  
*Brewing*

Enjoy post-run beer tasting and talk with the brewers.

Get advice on injury prevention and recovery.



**PLATEAU  RUNNER**