

# LET THE ENTHUSIASM AND ENERGY OF THE GROUP BE YOUR FUEL.

—SUSAN TRAINOR

**GROUP THERAPY** Like the RPM Race & Events Calendar, the Group Therapy page is a resource for Michiana's dynamic fitness-focused community—and those who want to join in the fun! The weekly training opportunities and outings listed below are open to the community with no (or nominal) fee required.

**HATS OFF** to Michiana's impressive clubs, businesses and motivated enthusiasts who do an amazing job organizing these opportunities. It's passion at work . . . and play.









**KEEP RPM IN THE LOOP** With a little help from our friends, we will work to keep these listings as updated as possible, but please always check the group website or e-mail the contact provided. For event **edits** and **additions**, contact [RacePlayMichiana@sbcglobal.net](mailto:RacePlayMichiana@sbcglobal.net).

**LET'S TALK** If you are a **business or organization** interested in growing and supporting this new community resource, let's talk! If you have an activity to add to the Group Therapy list, let us know!



## WEEKLY GROUP RUN / WALK

EVENT	LOCATION	DAY/TIME	SEASON	WEBSITE	CONTACT
<b>SOUTH BEND / MISHAWAKA</b>					
<b>ProForm Run / Walk</b>	ProForm Bike, near ND campus	Weekly, Saturdays, 8am	Year-round		<a href="#">Shelley Glick</a>
<b>Morning Run, 4 - 5 miles</b>	Beacon Health & Fitness, Downtown South Bend	Weekly Monday, Wednesday, Friday-5:45am	Year-round	Informal	<a href="#">Jim Dolittle</a>
<b>Weekend Morning Run, 7-10miles (8:45 - 9:15 mile-minute pace)</b>	South Bend Chocolate Cafe; near ND campus	Saturdays, 6:30am	Year-round	Informal	<a href="#">Jim Dolittle</a>
<b>Saturday Morning Walk</b>	South Bend Chocolate Cafe; near ND campus	Saturdays, 6:30am	Year-round	Informal	<a href="#">Donna Voor</a>
<b>Fleet Feet Mishawaka Social Runs</b>	O'Rourke's, Eddy Street Commons	Wednesdays, 6:30pm	Year-round		
<b>GRANGER/EDWARDSBURG</b>					
<b>Spin Zone Run (and Swim)</b>	Eagle Lake, Edwardsburg, MI	Wednesdays	When water temp is 55-degrees-plus		
<b>ELKHART/GOSHEN</b>					
<b>Reith 5K Training Runs, competitive, teams welcome</b>	Reith Interpretive Center	Tuesdays, 5:45 sign-in; 6:30 run start	June 6 - Aug. 29		<a href="#">Doug Walter</a>
<b>SOUTHWEST MICHIGAN</b>					
<b>RACERS 6-Mile AM Group Run</b>	Bigby Coffee, St. Joseph	Thursdays, 6:30am	Year-round		
<b>RACERS Group Track Workout</b>	Upton Middle School, St. Joseph	Thursday, 5:30pm	Year-round		
<b>RACERS Group Weekday Runs</b>	Shoreline Wellness Center, St. Joseph	Tuesdays & Thursdays, 6pm	Year-round		
<b>Sunset Coast Striders Group Walk/Runs</b>	Locations vary, (check FB)	Mondays, Wednesdays, 6pm	Year-round		<a href="#">Sunset Coast Striders</a>
<b>Sunset Coast Striders Track/Speed Workouts</b>	Locations vary	Wednesday, 6pm	Spring - Summer		<a href="#">Sunset Coast Striders</a>
<b>Sunset Coast Striders Saturday Group Runs (5-6 mile loops, returning hourly to start.)</b>	Bigby Coffee, St. Joseph	Saturdays, Times vary (check FB)	Year-round		<a href="#">Sunset Coast Striders</a>
<b>WARSAW / WINONA LAKE</b>					
<b>Green Earth Multisport Group Runs</b>	GEM, Village at Winona	Tuesdays, 5:30 - 6:30pm	Year-round		<a href="#">Paula Deming</a>



## WEEKLY GROUP CYCLING

EVENT	LOCATION	DAY/TIME	SEASON	WEBSITE	CONTACT
<b>SOUTH BEND / MISHAWAKA</b>					
<b>ProForm Training Rides</b> (Elite, 35 - 50 miles; Group B 20 - 35 miles.)	ProForm Bike, near ND campus	Thursday	April 6 - end September		<a href="#">Shelley Glick</a>
<b>SpinZone Evening Ridges</b> , all abilities	SpinZone, Granger, IN	Thursdays, 6pm	Seasonal		
<b>MBA Monday Leisure Ride</b> , 10 - 17 miles	Pinhook Park, South Bend, IN	Mondays, 6pm	May - September		
<b>MBA Tuesday Morning Ride</b> 13-, 15-mph paces		Tuesdays, 9am	Year-round		
<b>MBA Wednesday Evening Ride</b> , All abilities, distances of 14 - 35 miles	Various, South Bend, IN	Wednesdays, 6pm	Year-round		
<b>MBA Saturday /Sunday Morning Ride</b> , 60-plus miles, varying speeds	Throughout Michiana	Saturdays and Sundays	Year-round		
<b>Outpost Family Fun Fridays</b> Weekly mountain bike ride	Throughout Michiana	Friday evenings	Seasonal		
<b>GRANGER/EDWARDSBURG</b>					
<b>Outpost Tuesday Night Rides</b> , Multiple distances, levels from beginner to elite	Northpoint Elementary, Granger, IN	Tuesday evenings, 6pm	Seasonal		
<b>Spin Zone Swim</b> (and Run)	Eagle Lake, Edwardsburg, MI	Wednesdays	When water temp is 55-degrees-plus		
<b>SOUTHWEST MICHIGAN</b>					
<b>Tri-Avengers Cycling &amp; Open Water Swims</b>	Announced weekly	Tuesdays & Thursdays	Weather-permitting		<a href="#">Contact Tri-Avengers</a>
<b>Tri-Avengers Long Group Ride</b>	Announced weekly	Sundays	Weather-permitting		<a href="#">Contact Tri-Avengers</a>
<b>WARSAW / WINONA LAKE</b>					
<b>Trailhouse/KCV Weekly Road Rides</b>	Trailhouse Bike Shop, Village at Winona	Tuesdays & Wednesday 5:30 - 6:30pm	Seasonal beginning April/ May		

## WEEKLY GROUP SWIMS

EVENT	LOCATION	DAY/TIME	SEASON	WEBSITE	CONTACT
<b>GRANGER/EDWARDSBURG</b>					
<b>SpinZone Open Water Swims</b> (and Run), all levels, all distances	Eagle Lake, Edwardsburg, MI	Wednesdays, 6pm	Seasonal wet suits		
<b>ST. JOSEPH / BENTON HARBOR</b>					
<b>Tri-Avengers Group Open Water Swims</b> (and cycling)	Northpoint Elementary, Granger, IN	Tuesday evenings, 6pm	Seasonal		<a href="#">Contact Tri-Avengers</a>

## WEEKLY GROUP FITNESS CLASSES

EVENT	LOCATION	DAY/TIME	SEASON	WEBSITE	CONTACT
<b>SOUTH BEND/MISHAWAKA</b>					
<b>Fleet Feet Sports Fit Club</b> , various classes by Beachbody	Fleet Feet Mishawaka store,	Thursdays 7:30 - 8:30pm	Year-round		
<b>WARSAW / WINONA LAKE</b>					
<b>Yoga for Athletes</b>	Winona Heritage Room, Village at Winona	Wednesdays, 6 - 7pm	Year-round		

## WEEKLY GROUP ADVENTURE

EVENT	LOCATION	DAY/TIME	SEASON	WEBSITE	CONTACT
<b>MICHIANA ADVENTURERS</b>					
<b>Michiana Adventurers</b> various weekly weekend outings	Various, local and away	Saturdays / Weekends	Year-round	<a href="#">Michiana Adventurers</a>	
<b>South Bend Adventure Club</b> various weekly weekend outings	Various, local and away	Saturdays / Weekends	Year-round	<a href="#">South Bend Adventure Club</a>	