

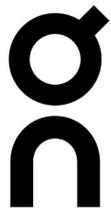
**Check out all the Prizes!**



**features**



**NATHAN**



Our Suggested STRAVA Routes:

1km Oxford Street/Ravine Climb  
[strava.com/routes/2826192868338699746](https://www.strava.com/routes/2826192868338699746)

5km Run/Walk of White Rock  
Promenade  
[strava.com/routes/2831198503928654186](https://www.strava.com/routes/2831198503928654186)

10km Run/Walk  
[strava.com/routes/2826196223198897634](https://www.strava.com/routes/2826196223198897634)

21.1km Run/Walk (Half Marathon)  
[strava.com/routes/2826191687337491310](https://www.strava.com/routes/2826191687337491310)  
[strava.com/routes/2823842642859292346](https://www.strava.com/routes/2823842642859292346)



**Peninsula Runners**  
100-1688 152nd Street  
Surrey, BC V4A 4N2

604-531-7879  
[www.penrun.ca](http://www.penrun.ca)

# Run *the* Rock

Join us June 2021 for our  
inaugural Virtual Race of the  
Peninsula!

- Join our STRAVA Club:  
[www.strava.com/clubs/pen\\_run](https://www.strava.com/clubs/pen_run)
- Run or Walk
- Win Daily prizes



Starting June 1, follow PenRun on Instagram for:

- Daily Promos
- Training Advice
- Nutritional Tips
- Live Fitness Classes with:
  - Lynn Kanuka
    - Warm up Motivation
  - Clara Edvi
    - Pilates
  - Kristen Antunes
    - Meditation
  - Arysta Bogner
    - Stretch/Roll
- And Much More!

Drop in to Pen Run to pick up your Race Shirt for \$20 each.

*Limited quantities available.*

Don't forget to share & tag [@pen\\_run](#) in your race events on social media! We want to see you get creative, post your selfies, fun costumes and you rocking your favorite PEN RUN gear! Make us notice you!!!

# Run *the* Rock

It's super easy to join in the FUN!

Between June 13 -27, 2021 complete any of the following 4 events to be entered into the Daily Prize Draw and a chance to win the Grand Prize Draw:

- 1km Oxford Street/Ravine Climb
- 5km Run/Walk of White Rock Promenade
- 10km Run/Walk
- 21.1km Run/Walk (Half Marathon)



Here's all the details:

- Complete any event and be entered into the Draw
- Complete **ALL** 4 events and be entered 5 times!  
*Maximum of 4 entries/person*
- Simply join our Strava Club:  
[www.strava.com/clubs/pen\\_run](http://www.strava.com/clubs/pen_run) and log your event
- Remember: To be entered to win the prizes you must log your races.
- We'll announce our Daily Prize Draws on Instagram & Strava  
*Prizes must be claimed within 7 days of draw*
- 2 Grand Prizes of a pair of Brooks Runners
- All races must be completed on the Peninsula  
*SouthWest side of Hwy 99*
- Check our Strava links for suggested routes.