

## How Do I Register?

Registration is available at our South Surrey location. If you have any questions regarding the clinic and getting started, we can be reached:  
 Telephone: 604-531-7879 or  
 Email: [info@penrun.ca](mailto:info@penrun.ca)

## What Program are you Registering for?

\$25	Maintenance—Spring
\$50	Maintenance—Fall
\$125	One Session
\$250	Full Year (avail Jan only)

Date	Program	Amount Paid	Signature

## Personal Information:

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact: \_\_\_\_\_

Phone: \_\_\_\_\_

Allergies: \_\_\_\_\_

Current Medical Issues: \_\_\_\_\_

Medications Taking: \_\_\_\_\_

**Waiver of Liability:** In consideration of joining your clinic, I the undersigned, intend to be legally bound, hereby, for myself, my family, my heirs, executors and administrators, forever waive, release and discharge any and all rights and claims for damages and cause of suit or action, that I may at any time have against PenRun, all PenRun leaders, staff, volunteers and sponsors of the workshop, for any and all injuries suffered by me as a result of participating in this workshop & clinic.

**Sorry! Clinic fees are non-refundable and non-transferable.**

**Signature of Participant:**

\_\_\_\_\_

**Date:** \_\_\_\_\_

# PENRUN

*We Fit You for Life!*

## Full & Half Marathon Club 2023



#100-1688 152nd Street, Surrey

604-531-7879

[www.penrun.ca](http://www.penrun.ca)

# PenRun Club

## Half/Marathon Program

---

### TELL ME ABOUT YOUR PROGRAM?



www.shutterstock.com · 95515507

The Half & Marathon groups meet every Saturday morning for a long run and on Monday & Wednesday evenings for more specific trainings. We strongly recommend you attend the weekday sessions as they make the difference in simply running the distance or achieving your long-term goals, such as a Boston or New York qualifying. This type of training program will give you the strength, the speed and the coordination to help you run more efficiently and ultimately faster, as proven by our hundreds of qualifiers over the past 20 years.

### CAN ANYONE JOIN?

Yes! But, You should be able to comfortably run 10km three times a week before joining a Half or Full Marathon program.

### WHY SHOULD I JOIN?

Our proven program is designed to specifically assist individuals in making the transition from shorter distance runs through to the full marathon distance. It is also perfect for experienced 5-10km runners seeking that 'next level' of running experience and fitness. At PenRun we work extremely hard to provide a safe, informative, fun, motivating and rewarding clinic atmosphere. Everyone is welcome, no matter what your pace or abilities are. We encourage you to come join a session or two, to decide if we fit your running needs and to see what all the fun is about!

### HOW LONG IS THE PROGRAM?

Regular sessions are 17 weeks long.

Maintenance sessions are 6-10 weeks long.

### HOW MUCH DOES IT COST?

One session is only \$125!

Maintenance \$25-\$50

Annual \$250

### WHAT DOES THAT INCLUDE?

Your clinic fee includes guided Saturday morning long runs, two weekday evening workouts, 10% discount on in-store purchases and exclusive shopping nights for even greater savings. You will also receive a 3-7 day training schedule, long run maps and a weekly email to help guide and inspire you. Our Coaches will also help to inform, motivate & improve your running skills.

### TELL ME ABOUT THE ANNUAL?

The yearly option is \$250—available in January only. And includes:

- Winter & Summer Sessions
- Spring & Fall Maintenance Sessions
- 3 coached training sessions every week
- Weekly training plan via detailed email
- Guest Speakers
- Exclusive Member's Sale Shopping Nights
- Member In-Store Discounts

### WHERE DO WE RUN?

Most workouts will start & finish from the store at 100-1688 152nd Street, Surrey. Each week, we will offer various scenic endurance runs throughout the community!

### Peninsula Runners

#100-1688 152nd Street, Surrey, BC

604-531-7879

[www.penrun.ca](http://www.penrun.ca) or [info@penrun.ca](mailto:info@penrun.ca)