

Summer Trail Run Club

When does the next one start??

The first session starts on Tuesday,
May 10, 2022 @ 6:00pm

Who can join the club? YOU!

Anyone interested in improving their fitness and learning more about the sport and benefits of easy-running - in a fun and social atmosphere - can join. We offer different levels to suit novice to advanced runners.

- The **Learn to Run** program offers a safe and gradual introduction to running.
- The **Run Easy** program is for those who are comfortable or casual runners wanting to improve or come back from a break.
- The **Run Stronger** program incorporates more technical aspects of running and challenges individuals with anaerobic workouts.

Within each program workouts are modified to meet everyone's ability. At PEN RUN we work hard to provide a safe, informative, FUN, motivating, and rewarding club atmosphere.

How much will it cost? ... And, Where do we run from??

The cost of this program is **\$40** for **8 Tuesday night workouts**, with additional weekly homework sessions provided & co-created by former **Olympian Lynn Kanuka**. Drop in is \$5.

You will receive a **10% discount** on all in-store purchases during the club, race entry into the Fort Langley 5k Race on July 10th, experienced run leaders and great routes to help inform, inspire & improve your fitness.

The **Summer Trail Run Club** will meet at the following locations:

1. Meet at the Store – Run South Surrey Trails
2. Crescent Park
3. Serpentine Fen @ King George Hwy
4. Nicomekl River Trail
5. Crescent Beach – Blackie Spit
6. Campbell Valley Park
7. Crescent Park
8. Meet at the Store – Run South Surrey Trails

Our last night will be followed by a group social event! Come find out why everyone in our club is having so much fun and getting fit safely!



Summer 2022
Trail Run Club

Tuesday's @ 6:00 pm

Starting May 17th

**100-1688 152nd Street
White Rock, BC
604-531-7879**

[**info@penrun.ca**](mailto:info@penrun.ca)

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

***We Fit You For LIFE**

