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# Pen Run

Learn to Run &  
Run Stronger Run Club

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The first session starts on  
Tuesday, May 19, 2026  
@ 6:00pm

## Who can join the Club?

**YOU!**

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

- **Learn to Run**

Offers a safe and gradual introduction to interval running

- **Run Easy/Stronger**

Run Easy is for those runners who are casual runners wanting to improve their stamina or are coming back from a break/injury. Run Stronger is for those able to run 5k and wanting to improve their pace and endurance.

Each level offers modifications within the program to meet everyone's abilities! We work hard to provide a safe, informative, FUN, motivating and rewarding club atmosphere.

## CLINIC INFORMATION:

**The program is 8 weeks long.**

The cost of this program is **\$50** for **8 Tuesday night workouts**, with additional weekly homework sessions provided & co-created by former **Olympian Lynn Kanuka**.

You will receive a **10% discount** on all in-store purchases during the club, 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 → South Surrey Trail
2. Crescent Park
3. Serpentine Fen at King George Hwy
4. Nicomekl River Trail
5. Crescent Beach → Blackie Spit
6. Campbell Valley Park
7. Crescent Park
8. Meet at the Store → South Surrey Trail

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!

**Pen Run's 5k Run Club** provides you with a weekly training/homework schedule that works! Experienced run leaders and great routes will help inform, inspire & improve your fitness.

### **Refund Policy:**

*NO refunds will be issued after Week 4  
Refunds after Week 2 will be prorated*



# PEN RUN

## Summer Trail

### 2026

## 5k Run Club

**Tuesday's @ 6:00 pm**



**PENINSULA RUNNERS**  
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