
Pen Run

Learn to Run &
Run Stronger Run Club

**The first session starts on
Tuesday, September 15, 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 12 weeks long. It will prepare you to comfortably run/walk any 10K event! Nothing motivates like an event goal!

The cost of this program is \$75 for **12 Tuesday night sessions** with additional weekly home workouts co-created by former **Olympian, Lynn Kanuka**. Please pre-register in store or online.

All registrants will receive a **10% discount** on in-store purchases during the club program and a PenRun Tech Shirt!

Pen Run's 10k 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 6.
Refunds after Week 2 will be prorated.*



**FALL 2026
10k Run Club**

Tuesday's @ 6:00 pm



**PENINSULA RUNNERS
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