

# SUNDAY AGENDA SUMMER 2018

All **RUNCLUB** programs are professionally designed to help a wide range of runners, from those with very little experience to half-marathoners, to reach their goals. We also focus on enhancing your running experience, personal development, and keeping you motivated and inspired.

We utilize a variety of programs and techniques to help you achieve your wellness and running goals to take you to the next step in your running and your life! **Benefits Include;**

- **Run/Walk training, Group support**
- **Personalized programs, Personal development**
- **Certified coaching, Weekly “PLAYWork” ®**
- **Personal emails, Emotional Support. Programming to reach your goals.**
- **Guest coaches, product knowledge sessions**
- **Socials - we love to Keep- The-Fun-In- Your – Run !**
- **An authentic sense of community and belonging.**



## Sunday 8:00 am

Date	Location	Notes
Sunday May 13 <sup>th</sup>	Pioneer Park	Opening & Welcome – easy run
Sunday May 20 <sup>th</sup>	Airport Dike Trail Run	Airport Dike Trail Run
Sunday May 27 <sup>th</sup>	Valleyview Starbucks (or Blackwell)	Coffee / Happyness meditation
Sunday June 3 <sup>rd</sup>	Knutsford Hall (or Skips RUN )	Scenic/ Post Run Coffee at Starbucks Chapters
Sunday June 10 <sup>th</sup>	Bob’s Batch Run & <b>BBQ</b>	Trail run and fun with Coach Bob
Sunday June 17 <sup>th</sup>	Trail Run – with Tara and Chris – <b>Stake Lake</b>	Scenic summer Trail Run
Sunday June 24 <sup>th</sup>	Centennial Park Westsyde	“Ride Don’t Hide” Event option
<b>Get Canadian</b>	<b>July 1<sup>st</sup> Riverside Park</b>	<b>Celebration Time</b>
Sunday July 8 <sup>th</sup>	Mount Paul Golf Course	Final Session – RUN and Breaking Bread together

We are always an email away : [joberry@telus.net](mailto:joberry@telus.net)