****

**Sunday Agenda: Summer “Coffee Club” with a running problem!**

1. **Sunday July 16th 2017:** Opening of Summer Skills Training Location Caffe Motivo. THEME : Setting intentions / Creating Commitment/ Knocking the weeks off).
2. **Sunday July 23rd 2017**: Location Mc Arthur Park in support of the Kamloops Marathon. **Guest Coach: Dr. Sarah Brise**
3. **Sunday July 30th 2017:** Airport Dike Run – Coffee Red Beard
4. **Sunday August 6th 2017:** Mount Paul Golf Course **– Fellowship Breakfast**
5. **Sunday August 13th 2017:** Runners Sole - Theme : Rehab and Recovery with **Host Wayne Richardson**
6. **Sunday August 20th 2017**: Kamloops Active Health **Guest Coach Dr. Sarah Brise**
7. **Sunday August 27th 2017: Guest Coach Ryan Runners Sole** Pioneer Park (Breaky at Motivo )

“Make a gift of your life and lift all mankind by being kind, considerate, forgiving, and compassionate at all times, in all places, and under all conditions, with everyone as well as yourself. This is the greatest gift anyone can give.”

—David Hawkins

1. **Sunday September 3rd 2017: Guest Coach Ryan Runners Sole** TCC outdoor Track (or Walk in the Park)

**What’s next: RUNClub Autumn Splendor**

Starts Sunday Sept 17th / Tuesday Sept 19th

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