



With the last sessions of summer clinic a few sleeps away, it's important to start to think about 'what is next'. RUNClub thrives on having lots of exciting things coming up in each and every clinic. It's time to think about your own personal goals and also learn about some of the ingredients for the next clinic and summer RUNClub.

The remaining sessions for this early Summer Clinic :

- Sunday June 26th - Rail Trail Kal Lake RUNClub bonus Or local (Pioneer Park 8 am)
- Tuesday June 28th - Riverside Park Zero (by the Hope Sign). Final session.
- Vegas Info night : Tuesday June 28th after RUNClub.
- —No session Sun July 3rd—
- RUNYoga starts Tuesday July 5th (for 4 weeks)
- Next Sunday Sessions start Sunday **July 10th - 8:00 AM** (clinic completes Sunday August 28th). We do not run long on Tuesday evenings (summer heat - especially AUG).
- Everyone misses sessions in the summer (everyone) - the focus is on keeping things going when you can, rather than missing an entire 2 months.

The summer session is where we keep on rocking & stay fit for Fall. We keep things rocking and the online component (playwork, emails, hub etc) keep things alive for you over the summer.

Fall clinic begins : Sunday Sept 18th and Tuesday Sept 20th

Fall clinic concludes : Sunday November 8th and Tuesday November 10th

Goal runs and fun - many to come “ some” of which include:

—Get Corked : Saturday Sept 17. 2022.

— Annual Terry Fox Run : Sunday Sept 18th 2022

— See Arjun Run event on Sunday Sept 25th 2022!

— More to come.

C.W.T - MORE! It's summer!

CORE GALORE ! It's summer!

RUN/ WALK YOGA ! It's summer!

RUNClub Attire (we will be doing up a summer shirt for purchase and more).

There is also a big , big BUZZZZ to do VEGAS 2023! More info to come.

REGISTRATION for the next clinic is open now - please email membership@runclub.ca

****** If you are an annual member - no need to register - you are good to go!**

