TUESDAY AGENDA

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.**
- **Guest coaches, product knowledge sessions, professional programming**
- **Socials, prizes, and we love to keep-the-fun-in-your-run**
- **An authentic sense of community and belonging.**

Tuesday 6:00 pm

Date	Location	Notes
Tuesday May, 15th	Pioneer Park	Opening & Welcome – Easy run
Tuesday May, 22nd	Mac Park Island	Hot weather running.
Tuesday May, 29th	Happyness Center	Destination Running Info night
Tuesday June, 5th	Westsyde	Ice Cream Night
Tuesday June 12th	Batchelor	Bob's Batch Trail Run & tail gate party
Tuesday June 19th	Stake Lake	Stake Lake with Tara & Chris
Tuesday June 26th	TCC Track	Speedplay Intro Clinic
Get Canadian	**Sun. July 1st Riverside**	**Goal Day**
Tuesday July 3rd	**CELEBRATION NIGHT TBA**	**CELEBRATION NIGHT TBA**

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We are always just a phone call or email away.

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