



12:05-12:55
June 2 - 30

PG UAH FREE RUN CLUB

Lace Up and hit the trails with Kevin over the lunch hour. We leave at 12:05 SHARP from the PG main door. Just show up and be ready to go. Everyone welcome who can run about 5km in 45 mins.

Don't forget your sunglasses and water.

TUESDAY
THURSDAY



Pavement and Gravel



Singletrack and Stairs

www.pulsegenerator.ca