



## YOUR WEEKLY RUNNING DOSE

We are the Everyday Athletes; a community of diverse individuals that found a common interest in running.

We skip crowded streets & bustling sidewalks.  
This is your chance to enjoy peaceful solitude, escape the noise & have the road all to yourself. Well ourselves...

**PACE: GROUP 'ESPRESSO' RUNS PACE 6:00, GROUP 'CAPPUCCINO' PACE 6:30**

### we meet:

Tuesday's & Thursday's at 6:15am

@Bürkliplatz [CLICK HERE](#)

**ALWAYS, Sunshine or Rain, WE RUN!**

### we run:

~ 6km, 6:00 & 6:30 pace,  
different routes, open for suggestions,  
let's make it fun

EVERY 2nd Thursday = #TrackThursday  
(Check [STRAVA](#) for the specific days)

### we finish:

@[JUNG Schanzengraben](#) & for those  
who want to hang out,  
lets grab coffee (& a Gipfeli)

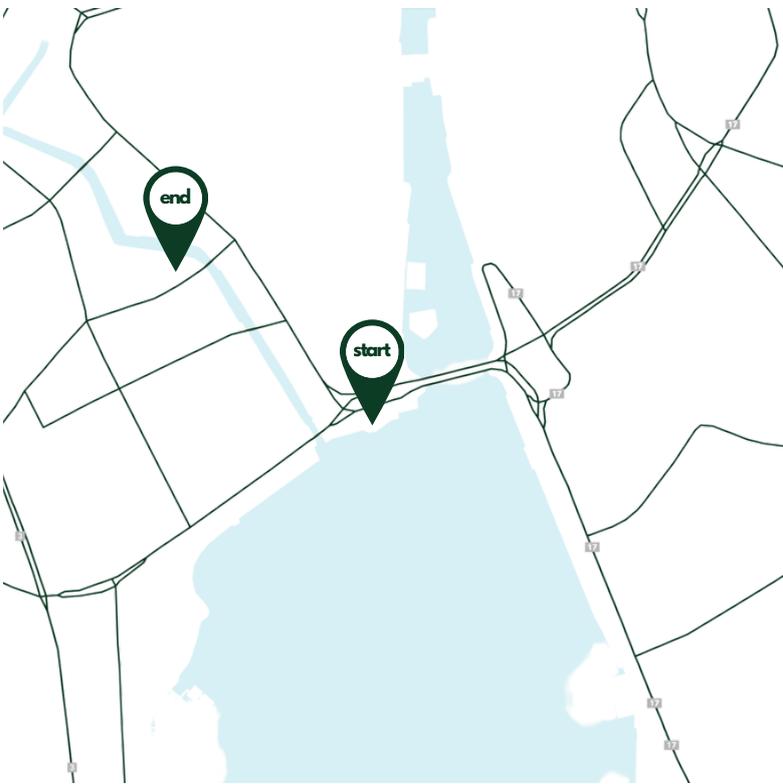
### who can join:

beginners are welcome, but you  
should be able to run a pace of 6:30

## let's push limits

Who said you are not a morning person? Proof them wrong!

**NO NEED TO SIGN UP, JUST COME :-)**





join us on **STRAVA**

follow us on instagram **@the6zhdub**

## RISK, LIABILITY, AND INDEMNITY STATEMENT FOR THE 6:ZH CLUB

By participating in any run or event organized by THE 6:ZH CLUB, you acknowledge and agree to the following terms:

### 1. Assumption of Risk:

Participation in running events and activities involves inherent risks, including but not limited to physical exertion, traffic conditions, weather, and terrain. You voluntarily assume all risks associated with participation.

### 2. Release of Liability:

THE 6:ZH CLUB, its organizers, leaders, and affiliates shall not be held liable for any injuries, accidents, illnesses, or other physical or mental harm that may occur during or as a result of participation in any club event or activity.

THE 6:ZH CLUB is not responsible for any loss or damage to personal property during any event or activity.

### 3. Indemnity:

You agree to indemnify and hold harmless THE 6:ZH CLUB, its organizers, leaders, and affiliates from any and all claims, demands, damages, or expenses arising from or in connection with your participation in club events and activities.

This includes but is not limited to legal fees, medical costs, and any claims made by third parties.

### 4. Medical Fitness:

By participating, you confirm that you are in good health and physically capable of engaging in running and related activities. You are responsible for monitoring your own health and well-being during events.

It is recommended to consult with a healthcare professional before starting any new fitness program, especially if you have any pre-existing conditions.

### 5. Emergency Situations:

In the event of an emergency, participants are responsible for their own immediate response and actions. THE 6:ZH CLUB may provide assistance but is not liable for the outcome of any emergency situation.

### 6. Acceptance of Terms:

Participation in any THE 6:ZH CLUB event or activity indicates your acceptance of these terms and your agreement to abide by them.

**Disclaimer:** This Risk, Liability, and Indemnity statement is designed to inform participants of potential risks and responsibilities. It does not cover all potential scenarios. Participants are encouraged to act prudently and use their best judgment at all times.

THE 6:ZH CLUB

**TIME TO LACE UP YOUR SHOES! SEE YOU AT SUNRISE!**