



UBC REC TRAIL RUNNING SERIES

This series will take you off the road and into the scenic surrounding Endowment Lands trails. Your clinic package includes: a training journal, weekly training sessions, and lectures on relevant topics.

Fall Information

Section I - 13 Sessions
SRC North Entrance
Sep 17 - Dec 10
Fri 4:30 - 5:30pm
FREE CLASSES Sep 17

Winter Information

Section I - 13 Sessions
SRC North Entrance
Jan 14 - Apr 8
Fri 4:30 - 5:30pm
FREE CLASSES Jan 14

UBC REC RUNNING CLUB

This professionally instructed running program is great for those who wish to learn the specifics of training so they can improve their 5K, 8K, 10K, and/or their Half Marathon times. This run club meets once a week.

Fall Information

Section I - 13 Sessions
SRC North Entrance
Sep 13 - Dec 13
Mon 5:00 - 6:00pm
No classes Oct 11
FREE CLASSES Sep 13

Winter Information

Section I - 13 Sessions
SRC North Entrance
Jan 10 - Apr 4
Mon 5:00 - 6:00pm
FREE CLASSES Jan 10

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$76	28096	\$82	28094	\$96	28092
Winter	\$76	28604	\$82	28602	\$96	28600
2 Terms	\$140	28097	\$152	28095	\$177	28093

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$76	27657	\$82	27653	\$96	27649
Winter	\$76	29337	\$82	29335	\$96	29333
2 Terms	\$140	27658	\$152	27654	\$177	27650

INTRAINING FOR THE SUN RUN 2011

Register @ www.rec.ubc.ca/outdoor/sunrun



THE VANCOUVER
SUN
RUN

Program Includes:
Technical t-shirt, Logbook, Event t-shirt, 13 group training sessions, and online information