

*Only those who risk going too far  
can possibly find out  
how far they can go.*

T.S. Eliot



For more information visit:  
[www.halifaxrunningclub.com](http://www.halifaxrunningclub.com)

Halifax Running Club, 5568 Cunard Street, P.O. Box 112 Station Central, Halifax, NS B3J 2L4



## Our Mission

The Halifax Running Club is dedicated to the promotion of running and to creating a network of runners for fellowship, training and motivation. Beyond this we seek to inspire and encourage active, health promoting lifestyles within our community.

## We Love to Run in Halifax-Dartmouth and It Shows!

We love to run outdoors and know how fortunate we are to live in a community that has an abundance of natural beauty (and, oh yes, a few hills).

We have a diverse group of members, who each bring their own unique running experiences and training goals, while sharing and contributing to our friendly club character. We are a club for all runners of all abilities. We train together and support each other - and if needed serve as a constant reminder for why you love to run which can help on those days when sleeping in can be, oh so tempting. If you share some of our passion for running and are looking for ways to make the most of your running experience in the Halifax community, then drop by and give us a run.

## Halifax Running Club members enjoy these benefits.

- **Weekly Group Runs** - We meet at the Club House, Thursday at 6 pm and Sunday at 8:30 am.
- **Java Blend Coffee & Bagel Post-Run Social** after every Sunday run.
- **Monthly Seminar Series** - featuring running and health-related topics.
- **Sports Medicine** - Access to sports medicine professionals and resource guide.
- **Member Discounts** - Enjoy member discounts from our friends and sponsors.
- **Club Socials** - We like to have fun outside of running too and plan a variety of social events throughout the year.
- **Online Support** - Check our website for running routes, training tips, events calendar, runner forums and more.
- **Cool Gear** - Shirts, hats - we got it all.
- **Club Coaching** - Access to personal coaching services for club members who want to take their training to a new level.

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