

PENTICTON POUNDERS RUNNING CLUB

WHO: Formed in 1981, the Penticton Pounders Running Club mandate is to assist and encourage interested members of the community to good health and fitness through running. Averaging about 100 in membership.

WHAT: The Club puts on a number of running events including the Blossom 10 Miler, the Campbell Mtn. XC race and the Summerland XC Race. As well it hosts a number of social events such as Bowling Nights, brunches, Summer BBQ and the annual Awards night.

WHERE/WHEN: The Club has one official running group (trail), but there are other running groups in town..

Buttercup (Trail Running) Group.
Tuesday/Thursdays @ 5:20 PM. (meet at Peach City Runners 214 Main St., side hall entrance)

OVER



Trail Group (continued)

Sunday – Long Run 8 or 8:30 AM (location varies – Neil (250-490-3334)

Other Groups:

Penticton Poundettes (Road Running & Walking) Tuesdays/Thursdays at 5:30 PM (meet at the Adidas Sportsplex parking lot, 550 Eckhardt Ave W).

Sundays 8:15 AM at the Bench Market, 368 Vancouver Ave.

WHY: Why belong to the Penticton Pounders? Weekly e-mails regarding running event and related activities in the surrounding area. Peach City Runners (10%), Ashoka Indian Cuisine (10%), Community Centre Monthly Passes (20%). Regular running partners who can help you train and become a better runner. The club itself helps out with bursaries for Pen-High and Princess Margaret High Schools.

More info: Neil (250-490-3334)

www.pentictonpounders.com