

_____, *I would love to go running with you, if you're interested too.*

Sherbrooke shared runs
sharedruns.com



Wednesday mornings between 9 :30 and 11 :30

From May 15 to October 15, except when rain (COP \geq 40% at 10am or 11am) or if path closed.

Start in front of the tennis courts of the Jacques Cartier Park.

Run on the path surrounding the Lac des Nations. Your choice of number of lapses (1 lapse = 3.4 Km).

Come share the pleasure of running as a runner or co-runner!

The Kartus chairs are waiting for you, for free!