IMechE Hong Kong Branch
Health & Wellness Sub-committee

WEEKLY RUNNING

EVENING RUN 02, 03, 04

REGULAR SOCIAL HIKING AND RUNNING MEETUPS TO ENERGIZE YOUR MIND AND BODY!

Running for Health
Sha Tin Shing Mun Riverside

Join us for our weekly run group. We welcome runners of all ability levels!

This is a routine 'easy' run. We generally have a mix of preferred paces between 5.5 and 7 minutes per km.

Route Distance: ~8.8km

Run 02: 10 May 2023 (Wed)
Run 03: 17 May 2023 (Wed)
Run 04: 24 May 2023 (Wed)

Gather Time: 19:00 (Start Time: 19:05)
Meeting Point: Sha Tin Sports Ground
(at Light Refreshment Kiosk)

Lockers and Showers are available at Sha Tin Sports Ground

This event is free of charge.
No CPD cert will be issued for this event.

Should you have any enquiries please contact:
Mr Andy Pang (Tel: 6476 9098)

Institution of MECHANICAL ENGINEERS
Hong Kong Branch

Improving the world through engineering

WEEKLY RUNNING
EVENING RUN 02, 03, 04

路線：
沙田城門河畔一圈

Route:
Running along Sha Tin Shing Mun Riverside

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