



**NORDICS
CLUB
GENEVA**



Hey guys 'nd girls. Nordic Club is joining the **“Run in the Dark”** event Wednesday, November 16th at 20:00 at Geneva lake side, hosted by the Mark Pollock Trust org.

Running?!

Instead of sitting indoor, we will go out and get a cool nice 5km run.

Everybody can join, as you can run-walk the 5km while enjoying the Geneva lake side.

There is also a 10km option, for those with extra energy.

Program

We will meet around 19:30, close to the iconic Jet d'Eau in Eaux-Vives (more precise location to follow), to get our bib, flash armband and “Run-in-the-Dark” buff.

We will do proper warmup (what to do, and what not to do) as well as post-run stretch exercises. After the race we will all meet at the The Grand Duke Pub (Rue de Monthoux 8) for sociable refuelling.

Price

Entry fee is 27chf which is donated to the Mark Pollock Trust mission, for a cure against paralysis.

What to Bring

Dress in your running cloth, preferable with layers, according to the weather. Also bring a backpack with change and warmer cloth, which can be left in an area looked after. Obviously don't bring anything of value.



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Registration

Sign up and read more at www.runinthedark.org/geneva/

Tervetuloa! ▪ Välkommen! ▪ Welcome!

Yours as always,
The NC Board
www.nordics.ch