



ImechE Hong Kong Branch
Health & Wellness Sub-committee

WEEKLY RUNS

THURSDAY EVENING RUN 01

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

**Institution of
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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.

Length: ~8.8km
(Please refer to route map next page)
Lockers are available at Sha Tin Sports Ground

No CPD cert will be issued for this event.

Date: 4 May 2023
Time: 18:30
Meeting Point: Sha Tin Sports Ground
(Light Refreshment Kiosk)

Should you have any enquiries please contact:
Mr. Andy Pang
t: 6476 9098

WEEKLY RUNS

THURSDAY EVENING RUN 01

路線二 沙田城門河畔

Route 2 Sha Tin Shing Mun Riverside



路線：
沙田城門河畔一圈

Route:
Running along Sha Tin
Shing Mun Riverside

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