

Marda Run Club Rules

Powered by ALTA Physiotherapy & Marda Loop Brewing

The First Rule of Marda Run Club: There is no Marda Run Club. (Unless you're asking, then yes, there absolutely is.)

The Second Rule of Marda Run Club: You DO talk about Marda Run Club—tell your friends, bring your crew, and force your coworkers to join. Peer pressure is encouraged.

The Third Rule of Marda Run Club: If it's your first night at Marda Run Club, you HAVE to run. Or at least pretend to. We won't judge your "extended warm-up."

The Fourth Rule of Marda Run Club: One run at a time, people. No relay batons, scooters, or piggyback rides (unless it's really funny).

The Fifth Rule of Marda Run Club: No whining, no complaining—unless it's about hills, then we'll allow it.

The Sixth Rule of Marda Run Club: If someone stops, limps, or looks like they need help, we check in. Unless they're just tying their sneakers—then we mock them for bad timing.

The Seventh Rule of Marda Run Club: Runs will go as long as they have to—5K on Mondays. Unless someone suggests a "fun extra loop," in which case they will be immediately exiled.

The Eighth Rule of Marda Run Club: Post-run beers at Marda Loop Brewing. 15% off. Hydrate responsibly. Or don't—we're not your mom.

The Ninth Rule of Marda Run Club: Wear your Marda Run Club shirt with pride. Or at least wear a shirt. It's a public space, people.

The Tenth Rule of Marda Run Club: If this is your first time at Marda Run Club... welcome. Don't trip.