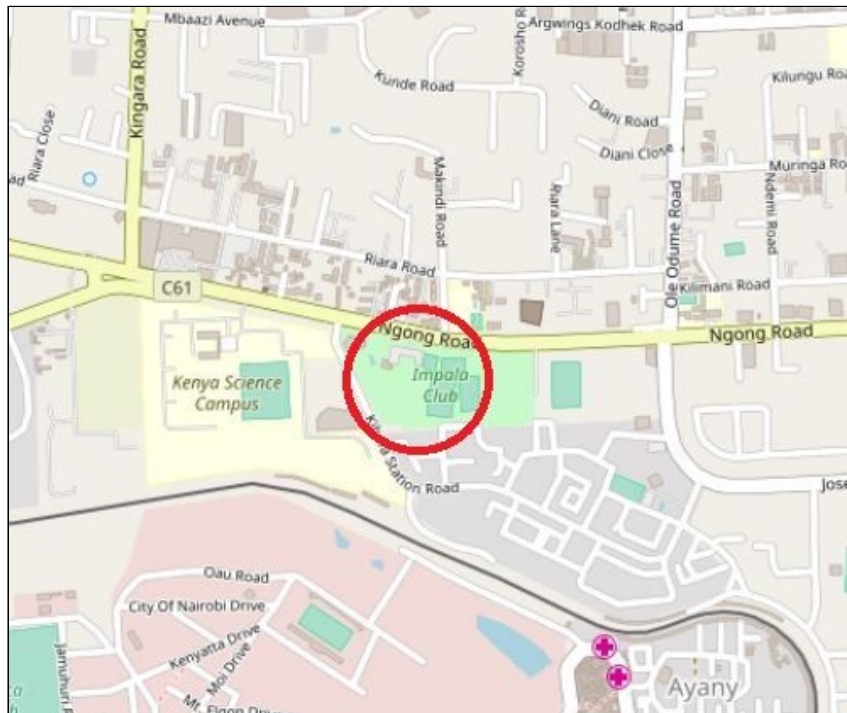




URBAN SWARAS RUNNING CLUB

Thursday Track Sessions Impala Club

Thursday Track Sessions take place every Thursday from 1830 to 2000. The venues alternate each week, but the time remains fixed: **Thursday evening, 1830 to 2000**. The session can be used for speed and interval work, or just a to meet, run and socialise with other members. The venues charge a parking or entry fee (see below), but there are no additional fees from the club. Please wear your club T-shirt so that we can identify each other and be identified by the venue, and bring your own water.



Impala Club, Ngong Road

Impala Club is located on Ngong Road, close to Junction and Kibera Station Road. Entry is through the main gate off Ngong Road, and there is parking within. The track is approximately 400m in circumference surrounding a grass cricket pitch. The surface is compacted soil, suitable for any type of running shoes. The track is lit by floodlights. The entry fee is 100/- per person, payable by M-Pesa, which includes parking and use of the changing rooms and facilities. We pay at the trackside reception, near the gym. We meet by the trackside tables where there are umbrellas.

Remember, Thursday evenings at 1830. Check the calendar or weekly email for the venue.