



IRG 50

12-16 May 2019 in Quebec City, Canada

EITHER YOU RUN THE DAY OR THE DAY RUNS YOU!

Come stretch your legs and kick off IRG50 with a 5K Fun Run !

Meet us at the Governors park near Chateau Frontenac
Sunday May 12th at 10AM

Expect Quebec's morning breeze, charming plains of Abraham, view on the Saint-Laurent River, steps of the Governors boardwalk and grand arrival at Chateau Frontenac.

Attendees will enjoy after run snacks and sproutable finisher medal!

Pre-registration [here](#) is preferred

In person registration is allowed before the run Sunday 12th

