

The King's Running Club

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Founded in Fall 2019, the King's Running Club has come a long way. In its early days, attendance was sparse, and friends from other universities attended more frequently than King's students. This year, however, we have a sizable core group of runners, and we were blessed with a coach, Ralph Troschke. Under his direction, our club was able to rank 7th out of 11 in a cross-country race against neighbouring ACAC schools. In the next academic year, the running "club" will be no more, as our group will be fully integrated within the King's athletic department. We also hope to join the ACAC league for cross-country and indoor track, but are still waiting on confirmation.

The King's Running Club holds several (indoor!) practices per week, and all are welcome, no matter your level of running experience. If you are interested in learning more about our Winter practice schedule and/or want to come run with us, email Ralph at [REDACTED](#) or myself at [REDACTED](#).