



New for Spring '13: The HCR Running Club. All members of the Harvard community in Moscow are invited to don sportsgear and join together for an inaugural jog along the banks of the Moskva River at the scenic Vorobyovy Gory, on the evening of Monday the 8th of April. All standards of fitness are welcome. The pace will be easy, comfortable, chattable. We may also practice some calisthenics afterwards, in the shadows of the Grand Luzhniki Stadium!

Liaison: Breffny Morgan (Harvard Heavyweight Crew '04-'08). For queries, email: breffnymorgan@gmail.com, or phone 8 925 321 1855.

Meeting Point:

The orange and grey outdoor exercise installations at the Prirodnyy Zakaznik, i.e. Nature Reserve (Природный Заказник) at Vorobyovy Gory (Воробьёвы Горы), on the left, next to the main ski slope, a couple hundred meters west

of the Vorobyovy Gory metro bridge, on the south side of the river.

Meeting Time:

1930, as a provisional time. Please contact Breffny with your own general personal timing preference. Going forward, we will go with majority timing preference. We will pick the best time... We will have a good time... And we will get in shape for summer... In no time!