

1. Sola PASTA dinner & Sola Staffete with 2 finishing teams

534.	PSI Running Freaks	10:03:30 Ziel Irchel	467
285.	PSI Running Maniacs	9:37:25 Ziel Irchel	942

Memorable remark to Achim Gsell (our Ausdauer sektion legend)



MIGROS

CRAFT

2. Velo summer group ride



- 261 Club runs (active during 2025 and going forward for 2026, below the flyer for next year)



Sportclub
PSI

Meetrun

261
Fearless

Do you have New Year's resolutions for running? Would you like to get to know fellow PSI colleagues while enjoying a run?

Join us for a **guided one-hour activity program**, that highlights the fun, social, non-competitive aspects of running. Our goal is to promote physical activity, maintain health, and empower and connect people through running.



The meetrun includes **running, technique drills, endurance training, strength and coordination exercises, games,** and plenty of fun! It's perfect for beginners and experienced runners alike.

WHEN: Monday 19th of January at 16h30

WHERE: In front of the PSI Sports Club

We look forward to enjoying a run with you and chatting around some snacks at our own refreshment station afterwards!

- A nice and active WhatsApp community (80 members) with several runs organized among runners weekly

