



PULSE 03 · LAUNCH RUN · ROTTERDAM

MOVE FIRST. RUN LATER.

Saturday sessions for people who run before the city wakes. Wet grip tested on 1,400 km of Rotterdam rain — bring nothing but your legs.

06:00

Erasmusbrug, north side

Every Saturday

October to March

9 °C and below

That is the point

Twelve kilometres along the Maas, one pace group per 30 seconds.
Coffee at the end is on us. Limited to 60 runners per session so nobody runs alone.

RESERVE YOUR SLOT