



FREE **Running For Beginners** **With** **Handy Cross Runners**

We are holding another of our popular 10 week courses for adults wishing to start and build up to running 5km. Starting on **Thursday 11th May at 7:00pm** We meet in the bar area of the Wycombe Judo Centre, Barry Close, Booker HP12 4UE.

We have some fabulous countryside around us in the Chilterns and with these beautiful summer evenings what better way to enjoy it. Running is your passport to fitness when and wherever you want and we want you to be able to feel great about yourself, make friends and have fun in the process.

The Judo Centre is an excellent club venue with a bar, handy for refreshments afterwards, changing facilities and showers.

The schedule for each evening consists of some mobility exercises to get warmed up, then a progressive programme of walking and running followed by a period of stretching exercises to cool down. The whole session lasts around an hour and a half with the emphasis on making the sessions as enjoyable and as much fun as possible. They are free of charge to all those who take part.

After this course we hope that you will have the bug for running and want to do more with our improver's group as a member of Handy Cross Runners (Annual subscription £49) and build your distance up to 10k and beyond.

To enrol, or for more information, please e-mail Jolyon@Family-Roe.net or phone 07956699071