

West End Runners Beginners Group 2008

Information Sheet

What?

A beginner's group for everyone wanting to try/start running.

The aim is to get from nought to 30 minutes continuous running in 6 weeks!

When and Where?

Wednesday evenings for 6 weeks from 9th January to 13th February. Meet at the Rowing Club on Upperton Road, Leicester. Turn left into the club just after the canal (not the newer youth building as this gets locked). Arrive around 7.15pm to start after club announcements from 7.30ish. For further information contact the club via email or phone. Contact details on the web site; www.westendrunners.ukgateway.net

How does it work?

Over 6 weeks the beginners group will run/walk gradually building up to 30 minutes continuous running. There will be a warm up first and you'll be shown how to stretch afterwards.

Who?

A mixture of experienced and not so experienced runners will lead the groups. West End is a very friendly club, you will be made to feel very welcome and there will be plenty of support and advice available.

Other information

- Complete beginners will start off doing a run-walk-run. Those that have already run a bit are also very welcome. There will be different groups to reflect the different abilities.
- There is no charge for coming along! You don't need to join the club to take part. After the 6 weeks, if you wish to continue running you can join the club. It's £21 for the year (reductions for un-waged etc.).
- Anyone over the age of 40, seriously overweight or who has been seriously ill in the last year or have a family history of heart disease who hasn't run before should visit their GP for a medical check-up before starting to run. Please let the group leader know if you have any medical conditions.
- It is advisable to wear proper running shoes.
- Changing rooms and showers are available. Most people come ready to run.
- Food (cobs, chocolate, cake) and drinks (tea, coffee, beer) are available for a modest charge - all proceeds go to the club.

Why?

Running is a great way to keep fit/lose weight/keep happy. Running with other people helps you go further for longer. It's easier to start than most people think and once you get started you'll get a real sense of satisfaction. West End is a really friendly club - a great place to start.