



TRING RUNNING CLUB



Start to Run!

6 week beginners course

INFORMATION

Are you interested in running?

We hold 6 week courses designed specifically for those who are completely new to running. It will take you from 0km – 5km in 6 weeks. There will be information sessions too to help build your knowledge and understanding of running related issues, like footwear and clothing, nutrition and hydration, etc. All ages (as long as over 18 years) and fitness levels welcome!

When? Courses run throughout the year (exact dates tbc)

Time? Various

Where? All runs leave from Tring Park Cricket Club, opposite Tesco's, Tring

Cost? £15 for 6 weeks

For more details including dates and availability, please contact Verna Burgess (vernaburgess@btinternet.com) for a registration form.