



**EVER THOUGHT RUNNING 5k WAS
BEYOND YOU?**

**Ever wish you could join a Group of like
minded People to show you can do it?**

WELL NOW YOU CAN!

The aim is to introduce you to running in a safe and enjoyable way.
Designed for all abilities and after 9 weeks you will be ready for your
first Park Run at Blickling!

Training will take place once a week on Saturdays at 9.30 am for an
hour, at Stimpson's Piece Recreation Ground, Reepham.

The cost is £10 for the nine week programme, which starts on Sat 7
April 2018 and is organised by Reepham Runners.

To express an interest or to find out more contact Mike Jolly,
Course Organiser, at jolly6tf@btinternet.com or 07831 416325 or
see Reepham Runners website.

**GO ON - YOU KNOW YOU CAN
DO IT!!**