

Scarborough Athletic Club

WALK TO RUN GROUP

Come along and try the

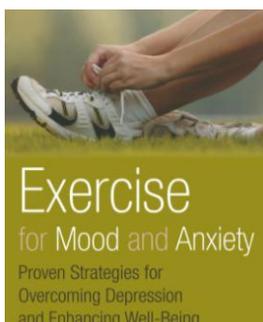
Walk to 5k

in six weeks

Our Registered Run Leaders, have years of running experience, and a friendly welcome awaits anyone wishing to come along and try the experience. You will be given support and encouragement to reach your goal.

Starting **Monday 16th April 2018 at 5.50 p.m.** for a 6pm start and the session will last for 1 hour, from **Scarborough Rugby Club** on Burniston Road. There is a charge of £1 per session (first session FREE).

Advice on suitable clothing and footwear can be found below.



when you feel like quitting:
**think about why
you started.**

WALK TO RUN IMPROVERS GROUP

We're in it together

Scarborough Athletic Club are encouraging anyone who wishes to be more active to try our Walk to Improvers Run Group.

Our Registered Run Leaders, Katie Webster, Sam Shepherdson and Simon Valente, have years of running experience, and a friendly welcome awaits anyone wishing to come along and try the experience. You will be given support and encouragement to reach whatever goal you set.

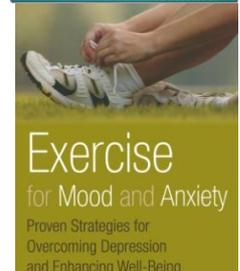
The group will meet on Mondays at 5.50p.m. for a 6p.m. start and the training will be for one hour from Scarborough Rugby Club on Burniston Road.

Your first session is a "come and try" session. If you decide to join the group, there will be a cost of £1 per session.



you're only
ONE WORKOUT
away from a
GOOD MOOD

www.MindBody.com



WHAT WILL I NEED? LIST

This list is only a guide to promote comfort, safety, and enjoyment whilst you embark on this new venture.

The Run Leaders will take you through warm up exercises to promote physical preparation, and the list below gives you advice on your preparation.

FOOTWEAR

Take time in buying the right shoe for you. Some of you will be able to wear very competitively priced shoes, but some of you may need to buy probably the most expensive shoe you have ever bought! Once you start running regularly, this statement will become crystal clear! There are so many injuries to runners who do not wear the right shoes.

If you have never bought a running shoe before it is advisable to visit a reputable sports shop. The nearest is probably Up and Running in York or Sweatshop, both have web sites. They have experts that talk with you, not at you for the biggest sale!

Alternatively, the larger stores have LOTS of shoes, try them for comfort, light in weight, and have good support.

If you break the cost of the shoes down to weekly, it probably wouldn't be £2/week?? Worth consideration, don't you agree?

UNDERWEAR

This doesn't just apply to women. We all need to be well locked in, in wherever area! Again, a good sport bra is essential whatever size you are, and men you need good fitted pants, not boxers.

TOP

Dryfit tops are very comfortable, not only to wear, but when the sweat starts, it wicks the water away and doesn't leave you feeling cold and wet like when wearing a T Shirt.

RUNNING LEGGINGS / SHORTS

again, Dryfit are great for comfort. The nice thing about running leggings is they are STRETCHY!!

Shorts generally have a pant sewn inside, so try them and see how they feel.

COAT

A high Viz is recommended. Running jackets are made to breathe so preferably not a water resistant. Don't be complacent because it is light when you run, we recommend you wear some visibility clothing on top whenever you are running.

Either one with or without sleeves is suitable. But be seen.