ZERO TO THREE MILES

8 WEEK BEGINNERS RUNNING COURSE

WHEN: 7 - 8pm Monday 18th March, for 8 weeks
WHERE: Dracaena Centre, Dracaena Avenue, Falmouth TR11 2ES
COST: £15 payable at the first session

The perfect training for the Falmouth Race For Life on 12 May!

Get running in 2013!

If you are keen to begin running but don't know where to start, then this course is for YOU!

It is a progressive 8-week run/walk programme designed to encourage complete beginners to take up running in a friendly,no-pressure environment. The course is run by experienced UKA qualified coaches and leaders.

There are so many benefits to being involved - meet new people, lose weight, boost your self-esteem and confidence, and have fun.!

All you need is a pair of running shoes, some running clothes e.g. leggings, t-shirt (& sports bra for the ladies) and be over 16 years old. Who knows, taking this first step could change your life!

CORNWALLSPORTS PARTNERSHIP

LOTTERY FUNDED | SPORT ENGLAND

Sportivate

To reserve your place please contact:

Angie Tiller, UKA Running Coach
Zeroto3miles@yahoo.co.uk / 01326 316887
OR
Jamie Tresidder, Sports Development Officer
sport@dracaenacentre.org / 01326 319414

In association with:

ROAD RUNNERS FALMOUTH

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RUNENGLAND CORNWALL