

Want to Run?



If you want to run, we're here to get you there!

MOTIVATION, SUPPORT, TRAINING & FUN ALL INCLUDED

YOUR FIRST STEP TO RUNNING IS ON TUESDAY 23rd March

**AT 7.15 FROM GARFORTH SQUASH CLUB
NINELANDS LANE, GARFORTH**

**MALE & FEMALE - ALL AGES AND
ABILITIES WELCOME,
WE'D LOVE TO SEE YOU.**

Find out more: <http://www.kippaxharriers.org.uk/>

Join us at: <http://www.facebook.com/group.php?gid=51199468311&v=info>



KIPPAX HARRIERS



There are various reasons why people want to run, common ones include:

“I’m doing Race for Life again this year and would love to run it instead of walking the 5k”

“I want to get fit but don’t want to spend lots of money”

There are just as many ‘reasons’ why they don’t get started. They include:

“I’d love to try running but don’t know where to start”

“I’m too embarrassed/scared to go on my own”

If you can relate to any of the above then we can help you get started with some support and guidance along the way.

The best advice can be found at the following website which has information provided by experts:

<http://www.runnersworld.co.uk/beginners/start-running-now-our-get-going-guide/4741.html>

Runners World is a great source of information you need to get started. Along with the dedicated support of the club members you are sure to achieve your goals.

A brief checklist of things to think about before starting include:

Be comfortable - whatever you wear, make sure it is comfy and you can move easily wearing it. Once you are increasing your mileage per week you can invest in running-specific gear.

Medical Concerns - if you are concerned about any aspect of your health speak to your GP.

Wear the right shoes - regular trainers or basic running shoes are ideal to start with.

For ladies wear a sports bra - It is important to wear a sports bra that fits you snugly and gives adequate support for running.

Wear polyester clothes - breathable tops and shorts/leggings/tracksuit bottoms are better than Cotton which holds moisture causing rashes/discomfort.