

## Penistone Footpath Runners Walk to Run Group – 2018

For the 4<sup>th</sup> year Penistone Footpath Runners are organising a 'Walk to Run' group. The aim is to encourage locals to be able to run 5 kilometres. It is aimed at people who have never run before or who have not run for some time.

The sessions will be informal. No one will be forced to do something they do not want to do. There are no judgments or criticism. You will progress at your own pace and ability level. We are not recruiting members for the running club.

Over 10 weeks, we gradually build up from walking/jogging a short distance to being able to jog or run 5k without stopping. We hope many of you will take part in a local parkrun. You can find more information about parkruns at [www.parkrun.org.uk](http://www.parkrun.org.uk).

The sessions start at 6.30 on Thursday 12<sup>th</sup> April 2018 and continue for the next 9 weeks at the same time. If you cannot make the first session that is not a problem. You are welcome to start at any session and if you can't do all 10 we understand as we all lead busy lives.

There is no age limit, so you can run with your children or you can push a buggy. We don't mind dogs as long as they are on a short lead.

The sessions will start on the Trans-Pennine Trail near to the skate park on the show field behind Tesco in Penistone. From the roundabout leading to Tesco, turning right if coming up from the bridge, or going straight on if coming from the town centre will lead to St Mary's street and a large area to park cars in front of Julie's café.

The sessions are free and run by qualified coaches from the running club. You do not need any fancy clothing. Wear whatever you are comfortable in and suitable for the weather. Trainers are obviously useful but any shoes that you can run in will be OK. The TPT is surfaced so no longer muddy.

If you want more information please email [keithhgordon@me.com](mailto:keithhgordon@me.com) or ring 07801 730307.

What have you got to lose? A few pounds and your inhibitions.

What have you got to gain? Better health, more friends, self-esteem and a sense of achievement.