

Learn to Run!

**Go from 0 to 5 k in 10 weeks
All ages and fitness levels
welcome**

Starts September 7th 2010

Tuesdays 6.30pm: talk and group run
Thursdays 7pm and Sundays 9am: practice runs
(or practise on your own)

All runs leave from Broadbridge Heath Leisure Centre
Cost: £50 for 10 weeks, including free T-shirt and a year's
membership of Horsham Joggers

For more information and to book, call
Catherine on 07552 755490 or email cath@cathbooth.com