



COUCH TO 5 K

A course for beginners
Starting: 18:30 on 11th April 2017
At: Burnett Park, Banchory

In association with JogScotland, **Banchory Running Club** is starting a course for beginners on the above date that will try to get you off the couch and running 5 kilometers (C25K).

The course will be led by a qualified **JogLeader** and is suitable for complete beginners or those who have not ran for a long time. It doesn't matter if you're nervous about starting to exercise, we promise to make it a relaxed, enjoyable experience and build up your confidence in a friendly atmosphere.

Sessions will run on Tuesdays and Thursdays at 18:30 and last about 45 minutes.

Banchory Running Club was established in 2012 and is comprised of mixed ability runners of both sexes running two to three times per week around Banchory in the winter and the Scolty Woods in summer. Further details at www.banchoryrunningclub.com - all welcome.

JogScotland, which was established in 2002, now comprises a network of thousands of runners, right across the country. Members take part in friendly volunteer-led jog groups based in the community, sports centres and workplaces, doing everything from a short, gentle jog/walk to marathon training.

Nobody is "too slow" to join JogScotland. Groups are available for joggers of all levels, from complete beginners to long-distance runners. Beginner sessions include a combination of gentle jogging and walking, with a gradual increase in jogging as fitness and confidence begin to build. The emphasis at every jogScotland group is on enjoying exercise and supporting one another in a friendly atmosphere. Further details at www.jogscotland.org.uk

Those interested should contact the Jogleader: **Bill Paul on 0782 142 4403** or by e mail on scolty100@gmail.com.

