

UcanJog2

Newsletter January 2011

www.ucanjog2.com

Hi! I wanted to take this opportunity to wish everyone a healthy and happy 2011 and to thank you for your continued support and commitment to UcanJog2. Due to your support the club is going from strength to strength and together we are creating a brand that is becoming quite well known and recognised in the Abbots Langley area! The reason for starting a newsletter is to keep everyone abreast of the latest news, events and plans as well as an opportunity for you to feedback. It is important to me that UcanJog2 is meeting everyone's requirements and jogging objectives. I am confident that together, this year we will achieve not only your short term goals (if not already done so!) but your long term goals and maybe even goals you never thought possible!

See you soon **Debra xxx**

My new mobile 07854 859 057

email: debra@ucanjog2.com

Website

Remember UcanJog2 has a website! Sessions times, events etc. can be found on the site. If any of your friends are interested in joining us, the website may be the best place to point them as my contact details can all be found on the site. www.ucanjog2.com

Facebook

If you are on Facebook and not linked up with the UCanJog2 page please look it up and click 'Like'. Feel free to add comments! The link is:

<http://www.facebook.com/pages/UCanJog2/158366767534642>

Super Sunday Session

Would you be interested in a 'Super Sunday' session once a month, the objective of this session would be to jog for a longer distance by extending existing routes and finding new routes.

Please email me if you are interested in taking part in Super Sunday.

Personal goals

At the beginning of each session we will now discuss the route and individual session objectives will be given. This could be an additional circuit for the front runners, a sprint, an additional hill etc. If we jog a longer route an alternative shorter route will be offered for those who would prefer, it will still be part of the longer route but with a short cut!



Our Next Challenge! **Sunday 6th March 2011**

5k Event – Cassiobury Park (raising money for charity)

If this is going to be your first 5k, set this event as your goal. If you have already participated in a 5k event then you can use this as a personal challenge to beat your previous time!

We will be using this event to raise money for a local charity. I am also looking into the possibility of extending the route for those who want to go the extra distance.

Full details coming soon... **PS.** Goes without saying there will be hot chocolate on finish line!

PR

I was invited to attend the Abbots Tough Ten committee meeting on Friday 21st so that I could put 'the word out' that UcanJog2 are looking for a local beneficiary to raise money for. Not yet sure if any one will come forward but I thought it would be ideal if we raised money on our 5k event in March and could actually help an individual/family in the local area and actually know what our money went to. If you have any suggestions please let me know...

Watford Observer – I was approached during the meeting by the Observer as they are interested in writing a story about UcanJog2! I will let you know details in due course.

My Abbots – we will be featured in the February 2011 issue, if you were photographed at the previous 5k event then your photo will make it in!

Future Events for those who fancy...

Cassiobury 10k

Bank Holiday 2nd May 2011

Also 1k and 3k for kids!

St Albans 5k or Half Marathon!

Sunday 12 June 2011

Race for Life 5k

Watford 19th June 2011

St Albans 17th July 2011

The above race dates are only suggestions and is up to you if you want to enter.

Running Tools

For those of you with an iphone or an HTC phone, you can download an app called Runkeeper which will track and keep a record of all your jogging sessions. This can be linked with the Runkeeper website, which saves all your data and is a great tool. If you need any help to set this up, let me know.

Cont.

Pink!

Just trying to plan ahead for the warmer weather... If you haven't got a Karrimor pink t-shirt, it may be worth picking one up at SportsDirect, they are about £5. There are also nice fitting vest tops in pink for £4.99 (I promise I am not on commission!) One day hopefully not too far in the future, we will be running in the sun!

Feedback

Your feedback is really important to me!

Are the sessions meeting your needs? Please tell me your ideas, suggestions, gripes...etc.

Refer a Friend

Thank you to those who have introduced friends to UcanJog2. Remember if you recommend a friend and they take out a course, you will receive a FREE session.

Thank you once again for all your commitment and making UcanJog2 such a success, I couldn't do it without you! Debra x