

Hi!

We made a positive start to 2013 with many of you coming back jogging after not being for a while as well as all the regular joggers we have been flooding the streets with pink! Having so many of you there makes the runs so much more motivating, enjoyable and sociable! Whilst also giving you more people to jog alongside of your level.

Don't let the cold weather put you off coming out running as you will find that once you get going the cold subsides and you will feel fantastic!

Looking forward to seeing you at Chilli Run!

Debra x

Chilli Run! Wednesday 30th January 2013

Tickets are only £10 and include the run and food.

The date is fast approaching and if it is anything like last year it is going to be a great night! There will only be one jogging session at 7.30pm for everyone of all levels/speed.

The emphasis is getting everyone from all the sessions together for a Run and Fun!

A healthy hot hearty meal of Chilli con Carne (meat or veggie) with salad, rice etc is being catered by Hansons which means that it is going to be good!

Drinks can be purchased from the bar.

I will not be earning any fee from Chilli Run as any money left after paying the caterer will be donated to **Children with Cancer UK**. I will announce the amount on the night. Which means that the more of you that come = more fun and more for charity!

There will also be a charity Raffle! Thank you to everyone who has donated prizes!

If you would like to come for food only at 8.30pm you are welcome to!

Or come just for a drink.

Jogging in the cold weather

Correct clothing is really important and can make all the difference to the comfort and achievements of your jogging session.

A hat and gloves are essential as are the layering of clothing. You may find that wearing thermal clothing takes the edge off the bitter cold but it is best if it is made of type of fabric that does not let the sweat lay on your skin.

I have been wearing a top by More Mile that seems to do the job, it has a high zipped neck, long sleeves and also comes down quite low over the lower back and tummy!

If you would like to get one I can place a group order so let me know ASAP.

You can view the top via this link (it comes in pink or black) £14.95

http://www.startfitness.co.uk/product.asp?strParents=4587%2C4589&CAT_ID=4602&P_ID=45718



If you have any further queries or concerns that you would like to talk to me about feel free to contact me any time!

Look how far we have come...

As you all know the group has really evolved since starting over 2 years ago. The standard of runner is amazing not only the more experienced runner but also the beginners and less experienced runner have higher aims and are achieving much more than when we first started!

Good Luck to...

Diane who is taking part in a 10 mile race

Ruth who is taking part in her first half marathon

Sonia who is taking part in a half marathon

Mags who is taking part in a half marathon and no doubt aiming to beat her time!

Anna who is taking part in the Paris marathon

And thank you for all your continued support, loyalty and commitment not only for **UcanJog2** but also my training for the London Marathon!

If you would like a goal then why not aim for the St Albans 10k in May..!