

March 2016 Newsletter

We have had a really great start to 2016 and now it's time to put an event in the diary to create a focus and put all your running training to practice! I have listed lots of events which will hopefully take your fancy and although it can sometimes take you out of your comfort zone, it's good to challenge yourself! The feeling of success far out ways the fear of entering. You will feel fantastic!

Take a look below and email me which events you are interested in, I have discount entry codes for all the events.

Also below are details for volunteering at the London Marathon and ordering Club Kit.

The Relay Run Hertford – 12 June 2016 – suitable for EVERYONE!

This is a team relay which you can make as easy or as difficult as you want. Decide if you want to do just one 4k lap or whether you would like to do two or three 4k laps in a relay format.

I would like to get as many of us as possible to enter this, I can arrange transport and we could have a really great morning out!

<http://therelayrun.com>

Reply to me if interested with how many laps you want to do (remember they are not consecutive you get a rest whilst other team members do their lap)

Lidl Breakfast Run Kingston – Sunday 3rd April

This run is ideal for anyone who would like to run further than a 10k but not yet ready for a half marathon. Also suitable for anyone who has run a half marathon but would like to run a little bit further as well as being ideal for all the Marathon ladies who need to complete a 20 mile run before the big day! I'm told the goody bags are excellent and there is lots of food after as sponsored by Lidl (hope that helped to make your mind up!)

Distances are:

8 mile

16 miles

20 miles

<http://humanrace.co.uk/event/lidl-kingston-breakfast-run/>

Reply to me if interested along with your chosen distance

Triathlon choices...

Team Triathlon Relay Dorney Lake – 14 August

Last year we experienced our first ever Team Relay Triathlon at Dorney however they have moved the date to August this year. Let me know if you are around and if interested which event you would like to do: Swim 750m, Cycle 20k or Run 5k

As an alternative...

There is a **Women only Triathlon** Dorney Lake – Sunday 10 July
It is an individual event not a relay but they have really good taster and novice distances.

- Taster Triathlon: 200m Swim, 5.3km Bike, 2.5km Run
- Novice Triathlon: 400m Swim, 10.6km Bike, 2.5km Run
- SuperSprint Triathlon (Mates Wave): 400m Swim, 21.2km Bike, 5km Run

<http://humanrace.co.uk/event/womenonly-triathlon/>

OR

The Lidl BananaMan Relay Triathlon Dorney Lake – 9 July

It is at the same venue we did it at last year, the only main difference is the cycle is 20 miles not 13...so we would need some willing cyclists. Do we have any??

- Relay: 800m Swim, 31.8km Bike, 7.5km Run

<http://humanrace.co.uk/event/lidl-bananaman-triathlon/>

Let me know which event or multiple of events you are interested in and email me.
If you are new to running remember that you still have plenty of time to practice so include yourself! It's good to have a goal to focus on!

London Marathon Volunteers – Sunday 24 March

Every year UcanJog2 are given a marshalling position in the Cutty Sark area of the London Marathon. It is a fantastic experience and well worth doing. Free return transport is provided. I have 6 more spaces to fill so please contact me **ASAP** if you would like to join the team. We leave approx. 7am and return approx. 1pm or you can stay in London and not use the return.

UcanJog2 Club Kit

Club t shirts, hoodies and zip up sweatshirts can be ordered direct using the SHOP NOW button on the UcanJog2 Facebook page (just below the main photo). I do have sample t-shirts if you would like to try for size. You do not need to pay postage as I can collect on your behalf or you can collect from the sports shop in Willows Farm.

Pink Karrimor Waterproof Jackets

These can be purchased from Sportsdirect for £16 but there are limited sizes in store. I can place an online order for whoever wants one if you email me your size. I will place the order on Monday 14 March so let me know ASAP.

Look forward to hearing from you!

Remember email me your chosen event/s - Don't leave it or think about it....just do it!!!

Debra xx