

Finally the evenings are light and the sun is shining! We can all put away our thermal tops, hats and gloves! Bring the enjoyment back to jogging in these perfect weather conditions and appreciate exercising outside, we have even started jogging off road which has added more variety to our routes.

There is every reason to keep jogging as I have lots of dates to share with you to keep you motivated but most of all to keep the **fun** in the **run**!

Debra x

Debra Away!

I am away on holiday which will affect the following sessions;

No sessions during school half term 27th-31st May inclusive. Everyone can have a week off!

No session Friday 7th June 2013

Jogging as usual with Anna - Monday 3rd June 7.30pm & Wednesday 5th June 7.30pm

Everyone to attend! Both of these sessions are for everyone of **All Levels**

Debra back jogging Monday 10th June 2013

UcanJog2 exclusive 5k Event

Sunday 23rd June 2013

This 5k event is just for us Pink Ladies! I organise this event to give those ladies who have never achieved a 5k a relaxed and enjoyable opportunity to achieve their first 5k race (I use the term 'race' lightly) and for those who have already participated in this event before you could aim to beat your previous time or just take part for the fun of it! A promise of support, applause and plenty of cake awaits you on the finish line! Attached is your entry form. (I can print if required). Please complete ASAP so that I can get organised!

To remind you of how much fun we had here are some photos!



Pimms Night – SAVE THE DATE!

Wednesday 10th July 2013

A repeat our successful evening of fun running games in the park. Think Sports Day!

Followed by Pimms and BBQ. Last year we also had sports shoe checks, sports massage taster, sports bra fitting and clothes. Does anyone have any suggestions for this year?

Future Events...

Sunday 22nd September 2013 Push It for the Peace Hospice

5 mile obstacle course in Cassiobury Park. Its not about the run but the team spirit! Look at these before and after photos from last year, they say it all! I would love it if there were more of us this year!



17 November 2013 Autumn Challenge

A 5 mile off road run in and around Cassiobury Park



Last years entrants! (plus me) More of you wanted this year!

And finally thank you everyone for all your support in the lead up to my marathon and for your praise and recognition for my efforts in completing it!

And as always Thank You for your enthusiasm, commitment and support for UcanJog2 which would not be as enjoyable or successful without each of you!