

*I would like to wish you and your families a Very Merry Christmas and a Healthy Happy New Year. And to thank you for your custom, support, enthusiasm and commitment over the last year!*

*Thank you*

*Debra x*

## Christmas Running Sessions

All sessions will continue as usual up to and including **Monday 23rd December 2013 at 7.30pm**. This will be a session for Everyone of All Levels and your last chance to burn the calories before your Christmas Lunch! **Last Friday session will be 13<sup>th</sup> December.**

And then the following sessions;

|                              |                                    |        |            |
|------------------------------|------------------------------------|--------|------------|
| <b>Boxing Day Run</b>        | Thursday 26 <sup>th</sup> December | 9.30am | All Levels |
| <b>Sunday Run</b>            | Sunday 29 <sup>th</sup> December   | 9.30am | All Levels |
| <b>New Years Eve Run</b>     | Tuesday 31 <sup>st</sup> December  | 9.30am | All Levels |
| <b>First session in 2014</b> | Monday 6 <sup>th</sup> January     | 7.30pm | All Levels |

Please text me which sessions you are intending to come along to so I can plan routes according to who attending. If you would prefer to start earlier or later on the 26<sup>th</sup>, 29<sup>th</sup> and 31<sup>st</sup> please let me know! **I will make the session start time to suit those attending.**

## Dressing for Winter Running

Running is an all year round sport but correct winter dressing is paramount! These are the key items to fight the cold climate...

A **base layer** or **thermal top** worn to the skin will give you the warmth needed and easily fit under your jacket even with another top/ t-shirt on top. It should preferably be a moisture wicking top so it absorbs the sweat and not leave it on your skin. They can be bought very reasonably from Sportsdirect. They recently had an offer on campri thermal tops for £6.

**Gloves** - again Sportsdirect do running gloves very reasonably.

A **hat!** Any hat

**Socks** that cover your ankles!

**Bring another layer** to put on after the run to keep you warm as you will cool down very quickly.

## Save the date!

### Chilli Run

**Wednesday 29<sup>th</sup> January 2013** A repeat from of our very successful annual evening.

A run for Everyone of All Levels in the cold followed by hot chilli and apple pie in the cricket club.

## Sports Massage Offer!

Treat yourself to a fantastic Sports Massage with Nina who will ease out your muscular aches which will help joint pain and individual areas you feel would benefit from a deep tissue massage.

I can personally recommend her!

This offer is valid for both existing and new clients!

**Very worthwhile offer even if you book in advance for next year.**

Call Nina 07838 842296