

UcanJog2

Newsletter November 2011

Website: www.ucanjog2.com

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Hi!

Wow what an exciting month we have all had... We celebrated the first anniversary for UcanJog2, it was such an enjoyable evening and I am so pleased that you are all part of it and sharing the journey with me. The club has come so far in such a short space of time.

Another major event was the Abbots Langley Tough Ten! Thanks to everyone who took part, for wearing pink, having the logo on their back, which along with the branded gazebo gave us a real presence at the event. I would also like to thank Sally-Anne for giving out leaflets and to Tasha for taking some great photos and anyone else who spoke to other ladies making enquiries about joining us.

We have a unique club feel and a great team! It is fantastic! Thank you so much!

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Tough Ten Entrants

5k – A big well done to, Kerry Ball, Nikki Brown, Sandra Brown, Charlotte Hinks, Jo Brooks, Carmela Cook, Hayley Armstrong, Ria Knoll, Sam Blackett and Lisa Maloney. For many of these ladies it was their first time entering this event and in some cases their first ever 5k race!

10k – A big well done to, Anna Foster, Jody Barber, Michelle Marshall, Rochelle Moles and Lyn Quinn. It was either their first time entering this 10k or beating their previous time!

Unfortunately Elisa and Chrissy were unwell and unable to run the 10k & 5k, but I know that if they had been able to run they would have done really well.

If you didn't make it this year, then there is always next year!

Results are now published on <http://www.tough10.co.uk/results.html>

UcanJog2 Cassiobury Park 5k Event!

We haven't done this event for a while so I thought it was about time! I will be sending out separate information giving all detail and entry slips so that everyone can take part! It is an enjoyable event including a timed 5k run with hot chocolate and a social after. It is usually quite a family affair so this time I will be including a kids race and relay. Put the date in your diary.... Sunday 6th November 2011. Go on, put the date in your diary now!

I would like feedback from anyone who has participated in this event before, can you tell me if you would like the option to increase the distance or whether we just enjoy this event as a 5k. Let me know.

UcanJog2 is on holiday

I will be going on holiday from 11th until 22nd November 2011. We will be jogging as usual on Wednesday 9th November and the first session back will be Wednesday 23rd November. So we only miss one Wednesday!

The following sessions will be cancelled, apologies for the disruption;

Friday 11th

Monday 14th

Wednesday 16th

Friday 18th

Monday 21st

Running in the Dark

For safety and visibility it is really important to wear high visibility clothing when jogging in the evening. Our pink clothing are high viz especially the jackets so if you do not already invest in this clothing it is well worth it now. The jackets are also very useful as a waterproof, windproof and for warmth as the weather gets cooler. All clothing is from sportsdirect either in store or online.

I do have some high viz bands for anyone who wishes to borrow.

Current session times

Monday 7.30pm Regular Session

Wednesday 6.30pm Begin to Jog

Wednesday 7.15pm Regular Session

New Time Friday 9.15am All Levels welcome!

So looking ahead, lets keep jogging and most importantly keep enjoying it!

I am really looking forward to the 5k Cassiobury Event on Sunday 6th November 2011 and I hope everyone can make it. Lets get training!

If you have not been able to get to a session for a while and feel demotivated contact me and we can put a strategy plan in action and use the 5k Cassiobury event as a goal.

See you soon!