

October 2014 Newsletter

It is great to see everyone out running and not put off by the dark and miserable weather. Remember it always looks worse when looking out from inside, when you get outside it is never as dark and there is nothing more revitalising than the cold air and a raised heart rate to make you feel good!

I would like to say a special huge welcome to the Radlett ladies! The streets of Radlett have never seen anything like it! It is great to have you as part of UcanJog2.

There is every reason to keep running this winter as I have lots of dates to share with you to keep you motivated and hope you will join me at the 5k Fun Run, social events and challenge yourself to enter a race!

Debra x

UcanJog2 exclusive 5k Fun Run!

Sunday 23rd November 2014

This 5k Fun Run is just for us Pink Ladies and your friends! I organise this event to give those ladies who have never taken part in a 5k timed run a relaxed and enjoyable opportunity to achieve their first 5k race. For those who have already participated in this event before you know you can take part for fun or you could aim to beat your previous time. A promise of support, applause and hot chocolate and cake awaits you on the finish line! Entry forms attached.

Running in the cold weather

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

As the weather gets colder and wetter you will need a light weight waterproof jacket to keep you dry as well as to wear over your t-shirt for warmth. A baseball cap is also great to keep the rain off you. Long sleeved t-shirts may also be needed as the temperature drops and even a thermal base layer will be useful. Ideally the fabric will be 'moisture wicking' so sweat does not lay on your skin. A runners hat and gloves are also essential.

Running in the dark

In order to stay safe running in the dark, it is essential that your clothing has reflectors and/or is high visibility. I have just ordered a pair of Knuckle Lights from America which have had great reviews. Once I get mine you can try them if interested.

Need new trainers?

Getting trainers fitted are always best and UcanJog2 now has a 10% discount on trainers, clothing and accessories with the running shop in Watford High Street called Runners World. If you plan to visit the shop let me know as you will need to take along an email confirming you are a member of UcanJog2.

Club T-shirts

A reminder that you can buy pink club t-shirts £12 or vests £10 from me, just ask!

Save the date!

Chilli Run

Wednesday 28th January 2014 A repeat 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. More info to follow.

Races

I know that entering a race can be a terrifying experience and can place you under pressure especially if you are aiming for a specific time. However it is good to enter a race and set yourself a goal and prove that you can do it! It doesn't matter how fast you do it, it is the huge sense of achievement you will get after doing it!

If you are interested in any of the following races please contact me so we can go together and support each other as a team.

Autumn Challenge – a 5 mile off road run on Sunday 16 November at 11am

Watford 10k – BH Monday 4 May 2015

Bupa London 10k – Everyone should try a London run! BH Monday 25 May 2015

Borehamwood 10k – Sun 21 June 2015

If you would like to suggest other races/events please let me know.