

CHANGE OF DATE FOR the 3 year Anniversary of UcanJog2!

Apologies for any confusion caused but I have to amend the date of our 3 year Anniversary as I have the daunting task of looking round secondary schools on this date. Instead I would love it if you could join me on **Wednesday 25th September 2013** instead. It will be held inside the cricket club after our 7.15pm jog session. I will bring along a large cake for us to share and drinks can be bought from the bar.

Put the date in your diary and feel free to just come along for the drink and cake!

Abbots Langley Tough Ten – Sunday 6th October 2013

This event is fast approaching! There are both 5k and 10k events so I would like to encourage you to give it a go! Everyone is capable of taking part and I really want to encourage you to give it a go! This is a fantastic local community event in our area that we know so well. This local running event is on our home turf and it would be great if lots of us entered. We will be practicing the routes in the lead up to the run.

I will be bringing entry forms along to all the jogging sessions or you can print off the attached entry form. You can hand your completed entry form back to me and I will exchange them for race numbers. You can enter online if you prefer but you will pay extra for p&p and I am more than happy to do the leg work!

Everyone is capable of either the 5k or 10k and I am hoping that we will have a really good presence on the day so go on....enter!

Water Proof Jackets

Looks like summer is over! You will almost definitely need a waterproof jacket to take you through the winter (spring and sometimes summer!). You can get the pink high visibility Karrimor Jacket from Sports Direct for £14.99. I can get the logo printed on for £3.50.

One Session Wednesday

Please note this session will now start at 7.15pm. If you are able to arrive early I will be there from 7pm to mark the register, discuss routes etc. so that we can start on time!

Discounted Trainers and Sports Bra Fitting

A reminder that UcanJog2 receives 10% discount at Sweatshop. Our nearest branch is inside the David Lloyd in Hatfield. You will get a gait analysis if buying trainers and there is a trained sports bra fitter called Helen if you want to buy a bra. Call first to check when Helen is working on 01707 267913

Thank you for continued support, loyalty and commitment to UcanJog2, without YOU I would have nothing to celebrate! When I started UcanJog2 three years ago I would never have believed how the group would develop and grow. As well as the overall standard of the group really improving it is so inspiring watching each person achieve individual goals and start jogging when they never thought they could!

Looking forward to the year ahead!

Debra x