

*This is the first newsletter in 2012 and although only March it seems like we have achieved so much already! We enjoyed Chilli Run, which involved a very cold run followed by hot chilli. We have braved the cold, snow and ice and now many of us are in training for the Watford 10k! There are more events planned for this year so keep jogging, get fit, feel great and be part of it!*

## Welcome!

A big welcome to all the new ladies who have recently started jogging and welcome back to those of you who have started again after a break, it will get easier!

## Watford 10k

On Bank Holiday Monday 7<sup>th</sup> May 2012 there is the annual Watford 10k. It would be fantastic if a team of us entered and took part in this event whose proceeds from entry fees goes to Watford Mencap. If you are thinking about it but unsure whether you could do it I would like to reassure you that if you are comfortably jogging 6k then you definitely have the ability to jog a 10k. If this is going to be your first 10k then it is all about the taking part and finishing NOT how fast you do it.

Take a look at the website <http://www.watford10k.org.uk/> on the left hand side is a menu and you can click 'course' to view the route and 'entry' to enter online. Once you have selected 'entry' you need to click on UnAffiliated which is £17 and then complete your details. In the box where it says UKA club name put in UcanJog2 and further down the entry form is 'Additional Information' in the box that says running for a Business, put in UcanJog2.

Once you have entered please email or text me so I can make my own list of UcanJog2 entrants. If you would like to talk to me further about this event please feel free to contact me.

## Logo

A while ago some of us had the UcanJog2 logo on the back of our jackets, in preparation for the 10k it would be great if everyone had the logo on their clothing. Hoping it is going to be warm weather on the 10k it may be a good idea to have our pink t-shirts/vests done. It is £3.50 per item. I will be collecting clothing at all sessions during the week of the 19<sup>th</sup> March. Please bring your clothing in a named carrier bag. I will get your clothing back to you by the following week. Do not worry if you have worn your jacket and then give to me it does not have to be freshly laundered!

I would like to say a big Thank You from me for putting the UcanJog2 on your clothing. If you send in more than 1 item I will put £1 towards cost. Wow we will look like a real club!

## Dates for your diary

Following the success of Chilli Run in January please make a note of the following dates...

**UcanJog2 5k Event** - Sunday 27<sup>th</sup> May 2012. This is an opportunity for new joggers to achieve a new goal and for existing joggers to just enjoy after the 10k or attempt to beat a previous time. A great opportunity for us all to get together with refreshments on the finish line as always!

**Fun Run with Pimms** - Weds 11<sup>th</sup> July 2011 A repeat of last year's event! Please note we drink Pimms **after** the run not during!

**Thank you for your continued support and keep jogging!**

**Debra x**

