

UcanJog2

Newsletter September 2011

Website: www.ucanjog2.com

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Hi!

With the Summer coming to an end it is now time to concentrate on yourself and get back into your routine! Thank you to everyone who has kept coming through the summer months and very impressively jogging at 8.30am on a Sunday morning!

I look forward to everyone returning in September, I promise to start you off gently and gradually get you back up to your full potential. If you prefer to start off more gently and come to the Begin to Jog session until you feel ready to go back into the regular session, then you are welcome to.

Let's enjoy jogging in this milder weather over the next couple of months and gradually build up our resistance up to jogging in the cold. Remember jogging in 4 layers and hats and gloves?! Well it is soon approaching!

Thank you for your continued support, it is as ever much appreciated.

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Cancellation of Anniversary run and BBQ

After much thought and deliberation I have decided to cancel the 5k/5mile race with BBQ to celebrate the first year of UcanJog2. The reason being is that I was planning to hold it in Abbots Langley for the first time (usually Cassiobury) and I think the park will be too busy with football and cricket matches as well as it also being very close to the Abbots Langley Tough Ten/5k which I would really like us to focus on and enter as a Team.

Instead...Lets all meet up for **Anniversary Drinks** in the cricket club after our run on Wednesday 21th September (approx. 8.30pm). I would love everyone to attend so even if you can't make the run please come along to the drink. I have some kitty money left over from our last collection and if we all put in another £3 it will be plenty to cover drinks for us all and it goes without saying that I will be bringing along cake!

Abbots Langley Tough Ten/5k

Ladies, it is fast approaching! I am confident that everyone in the group has the capability to enter the 5k or 10k race. During September all our jogging sessions will be dedicated to getting to know the route and practicing Gallows Hills Lane and the killer hill as you come from under the bridge from Kings Langley Station up to Gallows Hill Lane.

Remember not every session has to be a distance; we need to work on speed, endurance and hills!

If you are unable to enter or have no interest in entering please do not fear! You will still have distance options and be able to jog at your own pace during sessions, that will not change!

Enter Now!

Here is the link to the Abbots Langley Tough Ten, you can enter online or drop into the travel agent for an entry form. <http://www.tough10.co.uk/services.html>

Kids Race in the Abbots Langley Tough Ten

There is a 1.5k and 3k race for kids, details are online. If your child participates in these races representing their school the school will receive 50% back of all money raised. For more info contact me.

Branded Pink Clothing

Would you be willing to pay to get your jogging clothing branded? This would mean that the reverse of your t-shirt, jacket or gillet (it is entirely up to you) were branded with UcanJog2.com. It would be silver writing edged in black. I have managed to get the cost down to £3.50 per item. It means that we will really feel like a Club Team and will look great when we enter the Tough Ten as well as for our usual jogging sessions. Please email or text me if you are interested and how many items you would like to get printed. I would need your items in a named plastic bag by Friday 16th September. They will be printed the same day so your clothing will be returned straight away.

Feedback

Your feedback is invaluable; please let me know your thoughts, suggestions etc. I welcome feedback both good and not so good!

Session Times

Monday 7.30pm Regular Session (drills, hills, interval training, relays)

Wednesday 6.30pm Begin to Jog

Wednesday 7.15pm Regular Session

Friday 9.30am Regular Session

And Finally...

Put Wednesday 21st September in your diary. UcanJog2 Anniversary drinks at the cricket club, we will be jogging as usual but remember you can still come for drinks even if you don't come to the jogging session. It will be great to see everyone!

Let's get together, get in shape, increase our health and fitness whilst enjoying the social and team aspect of being part of UcaJog2!

I look forward to welcoming you back!

Debra x