

10 Week Beginners Running Course

Midsomer Norton, Nr Bath

Thursdays 7.30pm–8.30pm (Commencing 10th Jan 2019)



Want to take up running? Somer AC are launching a running course aimed at the first time runner and those returning to it.

- 10 weeks complete beginner to 5k
- Insured and qualified UK Athletic Coaches

Cost of the course is £30 per person (minimum age 15)

**Why not sign up and run with like minded people.
Whatever your goals we can help you achieve them!**

**For more Details and a enrolment form visit our website
www.somerac.org.uk or email adrian_holborn@yahoo.com**

Hurry! Places are limited.

Frequently Asked Questions

Do I need to have run before?

No.

How fit do I need to be?

Our sessions are aimed at the complete novice who has never run before or people who have run in the past and want to make a 'running come back' or just want to train for a race eg a 5k. Depending on levels of fitness/experience we will have three groups coached by fully insured and qualified England Athletics registered coaches:

- The Beginner - this group will combine walking with running
- The Intermediate - this group again combines walking with running, however it will have longer running intervals
- The Improver - aimed at current runners/returners this group will do a continuous running effort

When & Where does it take Place?

The course takes place at Norton Hill Sports centre, Charlton Road, Midsomer Norton. The sessions take place on Thursdays' **commencing Thursday Jan 10th 2018**

What happens if I can't make a session?

Don't worry if you are unable to make every session. We would love to see you every week but appreciate that you will have other commitments. We will however provide you with the session of the week you miss along with some 'Homework!'

How Much does it Cost?

The 10 week course costs a 'one off' £30 Cheques made payable to "Somerset Ac" please.

How do I sign up?

Guarantee your place by signing up online at: https://www.entrycentral.com/Somerset_Beginners
Or you can fill in the attached form and bring it along on the night. We accept, cash, cheque and card payments.

What should I wear?

As each of the sessions will involve raising the heart rate please wear comfy sports wear (e.g.: leggings or shorts and loose fitting top). Dress for cold weather including hi viz (we can provide a Hi Viz tabbard for £5). We would strongly recommend that if you are planning to run frequently then you should invest in a pair of running shoes (we can advise further on this matter) otherwise wear comfy trainers. For the ladies we would recommend that you invest in a sports bra. We have use of shower and changing facilities should you require them.

What else should I bring?

Bring a drink and something warm to wear after the session.

Somer Athletic Club Beginners Enrolment & Registration Form

Personal Details

Name:	
Date of Birth:	Gender: Male/Female (delete as appropriate)
Address:	
Post Code:	Mobile Number:
Email Address:	

Medical Details

Please provide details any medical details/requirements/conditions that coaches should be aware of (eg.Epilepsy, asthma, diabetes, allergies, high blood pressure) and medication taken:
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Emergency Contact Details

Please provide details of the person to be contacted in cases of emergency:	
Contact Name:	Contact Number:
Relationship to you:	

Please read the Frequently asked questions sheet.

Somer Athletic Club recommend that a high viz sheet be used while running off site .

I agree to take part in Somer's Beginner's course and understand that I am responsible for my own safety whilst taking part. I enclose £30 enrolment fee Please send including a completed enrolment form to:

**Beginners Running,
127 Rodden Road,
Frome, Somerset,
BA11 2AN**

Signature Date

Please circle which applies to you

How fit are you? Have run in the past/Never Run Before/Run occasionally

Reasons for joining? Lose Weight/Get Fit/Improve running/Learn to run