

# RunFitMum Summer Newsletter



Dear RunFitMums,

We thought it was time that we sent you a newsletter to make sure that you are up to speed on what is going on with RunFitMum. Things are moving fast and Facebook isn't great for longer messages or information. So here goes. Just a few bits of information that might be of interest:

## Run England Affiliation

As you know Caroline and I did our "Run Leader in Fitness" qualification in June and we now have our Run Leader Licenses. As well as meaning we both have our own whistle, it also means that RunFitMum is now an affiliated Run England Club. Being affiliated offers us all a number of advantages:

- We can all get discounts on some race entries
- Discounts and special offers with certain fitness brands
- Most importantly we have our own club insurance which covers us if anyone has an accident
- What's more we have found out we receive funding per registered runner – its not a lot but every penny will help us cover our cost and do more exciting things for RunFitMum.

In order to register there is a form to be filled in. We appreciate this is a bit of a pain but we will be bringing copies of the form to all the sessions over the summer and we'd really appreciate it if you could fill one in for us.

## Couch25K

We are planning the start of a Couch25K course in the autumn. It will take the form of a weekly supervised run with two "homework runs" set each week. The course will be 8 weeks long and will broadly follow the Couch25K programme launched by the NHS. If you feel that you would benefit from going back to basics and starting from scratch or if you know anyone who might be interested in joining it then please do get in touch with either of us.

## Holiday Sessions

There will be a few changes to the usual Club Runs over the summer holiday. We will replace the usual Monday morning run with a drills and thrills session on Rowledge Rec starting at the later time of 9.30am. Tuesday evening 7.15pm club run will go ahead as usual, so will the Saturday morning club run. We are also hoping to change the Thursday evening drills session on the Rec to a second morning session at 9.30am. Kids welcome to both the morning sessions. Watch out on Facebook for all the shout-outs!!

## \*\* Summer Photography competition \*\*

For a bit of summer fun, we are offering a prize to the most exotic / crazy / fun place that a RunFitMum or RunFitKids T shirt is sported this summer.



Photographic evidence must be provided. Post photos on the Facebook closed group or on Instagram with the #RunFitMum and #RunFitMumOnTour

### **RunFitKids Fun Run**

Please put Sunday 25<sup>th</sup> September in the diary for the RunFitKids fun run. It will take place in the forest and more details will be available nearer the time. There will be a charge for entrance to cover the costs of the event.

### **Christmas Awards & AGM**

Now, we know that it is ridiculously early to be talking festive fun but.... we want to get a date in the diary for our end of year Christmas party and awards night. There will be a Facebook poll sent out in the next month to find out what evening you would prefer. It will be members only, rather than boring our partners with all our technical running chat!!

### **Kit**

We can place an order for T-shirts if we have a minimum of six to order, so do let us know if you would like another T shirt/vest or if you missed out last time. We are currently looking into long sleeved T shirts and Hoodies for the autumn. If anyone would like us to look into anything specific then let us know.

### **The Website**

I don't know how much time you have spent looking at the website, but we do keep the club diary up to date, so check it out if you are wondering about future events. One feature we thought it was worth pointing out to all you Strava lovers is the Strava feed. You can find it under the tab "Club Diary" in the drop down "results and achievements".

<http://www.runfitmum.com/results-achievements/4592351201>

This is a link into strava, which shows club members' latest runs. For our more competitive runners there is also a leaderboard on Strava itself. If you want to be included then just find and join RunFitMum on Strava!

### **End of Term Drinks**

This Sunday 17<sup>th</sup> is Reading Race for Life and we will be following that with end of term drinks in the Cherry Tree at 5pm. Everyone welcome.

We are so enjoying RunFitMum and all that it has brought over the last year. Thank you so much for all your support and for sharing it with us. If you have any feedback or comments, then we are always keen to hear them so do get in touch and if you know anyone else that would like to become a RunFitMum then please introduce them.

Best wishes and happy running

Sasha and Caroline

