



## **Off Road Running This Winter**



**This winter, a new session will be offered by Sidmouth Running Club—off road running in the dark!**

So, if you fancy giving your joints a rest from pounding the streets, and escaping the car fumes, please come and join us on one of our monthly runs. These sessions will take place on the second Wednesday of each month as follows:

8th October 2008  
12th November 2008  
10th December 2008  
14th January 2009  
11th February 2009  
11th March 2009



### **Each session will:**

- Start and finish at the same place as the other runs on offer that night.
- Last a similar length of time to other club sessions.
- Be suitable for runners from the 4 or 6 mile groups.
- Include "circling back" to ensure we stay as a group.
- Be led by a qualified coach.
- Generally use paths familiar to you from the summer.

### **You'll need:**

- A torch (obviously!) - contrary to popular belief, you don't need an expensive torch. A £9.99 one from Argos will be adequate!
- Off road running shoes (like the ones you use for summer running club sessions).
- Suitable clothes for the weather conditions (as you would for any run anywhere!)
- A reflective vest (because we'll have to do a tiny bit of road running to get off road!)

For further information, speak to Ben Chesters (01404 813679) or David Hedges (07966 148549).