

SY Run Leader Workshops

Delivered by Accelerate Performance Centre

ACCELERATE
PERFORMANCE CENTRE

Nov 14th: Leading a Winter Run Through City Parks and Countryside

Have you considered running through the city parks or trails when street lights are merely blinking in the distance? It can be a lot of fun and an ideal way of generating a few laughs whilst enhancing the running experience. We will lead you on a head torch run around Rivelin Park (S6) and explain the things you need to do to ensure safety of the whole group whilst maintaining fun and ensuring everyone has the right equipment.

If you are new to easy trail running or night running don't worry as we can provide trail shoes and good quality head torches. Please, let us know if you would like to borrow either of these items. Please, a spare warm top with you and a windproof jacket.

Based from the Rivelin Valley Cafe, Rivelin Road, S6. 6.30 -8.30pm

Lead: Stuart Hale, Debs Smith and Colin Papworth

To book on contact Emma Brady, ebrady@englandathletics.org or 07921060306. Places are limited.



GET INTO RUNNING