

HARVEL

HASH HOUSE HARRIERS

Calling all complete beginners

Have you always fancied running, but find the whole running scene a bit daunting?
Think they're all better, fitter, thinner or faster than you?

Join our 10 week
beginners running group!

Every Tuesday @ 7pm
starting Tuesday 26th January OR
Tuesday 2nd February 2016*

*Two week intake only

Come and join us at
The Amazon and Tiger Pub,
Harvel DA13 0D

Where you will find a run / walk / very social
group to keep you company while you build
fitness and endurance

For more info contact Helen
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www.harvelh3.org