

Summer Running for Ladies with UP & RUNNING

Join the **UP & RUNNING** team this summer for a series of social evening runs. No pressure to join a club, but an opportunity to run or jog with other like-minded ladies in a friendly, relaxed atmosphere.

- Attractive countryside locations around Aylesbury.
- Various distances from 3K.
- Meet other runners.
- Explore new routes.
- Share experiences.
- Absolutely all abilities catered for – your pace is ours.
- Not competitive or elitist.
- Examine your potential.
- Wind down after a busy day.
- Completely free!

Come along to our first run at **Startops Reservoir, Marsworth** (car park opposite the White Lion) at **7:30pm** on **Thursday 18th June** and see if you like it.

Interested? Please print and fill in the slip below and return it to us at the shop. Alternatively, just email the details on the form to aylesbury@upandrinning.co.uk.

Anxieties about coming on your own? Give Emma a call at the shop for a chat.

UP & RUNNING, 6 BUCKINGHAM STREET, AYLESBURY, HP20 2LD. TEL : 01296 435945
EMAIL : aylesbury@upandrinning.co.uk WEB : www.aylesbury.upandrinning.co.uk

Name : _____ Contact phone number : _____

Email : _____

Preferred days (please tick all that apply) :

- Monday
Tuesday
Wednesday
Thursday
Friday

Preferred locations (please tick all that apply) :

- Marsworth/Tring Reservoirs
Wendover Woods
Great Kimble/Princes Risborough
Waddesdon/Quainton
Wingrave

For information about local events and special offers in-store, please tick here to subscribe to our e-newsletter