



Open Evening

Tuesday 24th February 2015

6:30pm

Holt Park Active

**Find out more about your local
running club**

• **Starting out?**

We have a new beginners programme starting Tuesday 3rd March

• **Bored of the treadmill?**

We run different routes on and off road all year round

• **Training for a race?**

One of our run leaders can help you train smarter

• **In need of motivation?**

We encourage each other all the way

**Whatever the question, come to Holt Park Active on
Tuesday 24th February 2015 from 6:30pm and ask us!**

Meet club members, have a cuppa and some cake (runners love cake) and
even go for a run at 7:30pm if you like!

Email run@abbeyrunners.co.uk to find out more
or visit www.abbeyrunners.co.uk