



HAVE FUN,
MAKE FRIENDS
...AND GET

**FIT FOR THE
SUMMER**

GET FIT by joining Garden City Runners' Beginners Group

10-WEEK WALK/RUN programme for all ages (16+), weights and abilities (including zero ability)

Go from zero to your **FIRST 5K PARKRUN** with our licensed running leaders

£25 enrolment includes **FREE FIRST YEAR CLUB MEMBERSHIP**

Meet

**6.15PM ON
TUESDAY 17TH MAY**

at the new Sir Frederic Osborn Sports Centre
off Hens Lane, Welwyn
Garden City AL7 2AF

GCR
since 1982

FIND OUT MORE BY CONTACTING
RUNLEADERS@GARDENCITYRUNNERS.ORG.UK
WWW.GARDENCITYRUNNERS.ORG.UK