

# STOWMARKET STRIDERS RUNNING CLUB



Looking to start running?

Competing in road races and want to improve?

Or somewhere in the middle of the above?

## Join us at Stowmarket Striders Running Club

Four different pace groups, including a **Beginners** group, means you can start running with us immediately - no previous experience necessary. But bags of experience also always very welcome.

All pace groups are led by UK Athletics qualified coaches, who are full of top tips to help you achieve your running goals, whether that's to run for fun, to do a 5K or a marathon. They'll help build confidence and improve health and fitness.

Our main club training sessions are every Tuesday starting at 7pm from Mid-Suffolk Leisure Centre.

For more information visit our web page; [www.stowmarketstriders.org.uk](http://www.stowmarketstriders.org.uk)

or you can contact Jo Stephenson by emailing  
[beginners@stowmarketstriders.org.uk](mailto:beginners@stowmarketstriders.org.uk)

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