



TRACK TASTER SESSION FOR ROAD RUNNERS

**Never run on a track before?
Years since you stepped on a track?
Know you should train on a track but not
sure what to do?
Just fancy a go for a change?**

Come and join us for a taster session

Session will include

**Warm up and drills demonstration
Track session to suit your ability
Cool and stretch down**

**FRIDAY 20TH SEPTEMBER 7-8PM
SAFFRON LANE ATHLETICS TRACK**

Track fee payable on the night £3.50

