

#runandtalk  RunTogether

Shelton Striders



Come and meet us for a run and a chat

At Shelton Striders we are passionate about the benefits that running can contribute to a person's wellbeing, something that fits perfectly with our long standing club moto:

'We run for fitness, friends and fun'

To mark **World Mental Health Day**, we are hosting a #runandtalk event, which is open to non-members and members a like. So come down and join us for a run, chat and a brew.

There will be a choice of 2 or 4 mile runs, with groups to suit all paces. And it's just 50p per person.

Not suitable for children under 12 and under 16's must be accompanied by a parent/guardian.

Boulton Lane Community Centre

Boulton Lane, Derby DE24 0BD

Friday 6th October 2017 at 6:45pm

For more information call 07802 835475 or email andy_j_b@me.com

Or Sign-up via Facebook at: <https://www.facebook.com/events/2119147398312560>

