

Visually Impaired Running Group

Bristol Couch to 5K Course



This **FREE** course is aimed at all levels of fitness from the complete beginner to the fitness guru!

We'll take you from your first steps at running all the way to completing your first 5K run and beyond.

A team of UK Athletics trained running guides based in Bristol will be present to help support you.

- Every Wednesday, beginning **Wednesday 1 March at 6:45pm- 8pm-** with additional weekly sessions to be confirmed.
- Meeting at **Action for Blind People (RNIB), 10 Still House Lane, Bedminster, Bristol, BS3 4EB**
- If you would like to give it a try, or want to know more, please contact **Colin Johnson** at colinjohnson452@btinternet.com or call **07949 696751**

Under 16's are also welcome providing a parent/guardian is present and able to participate.

Running is a great way to get fit, have fun, and meet new people!