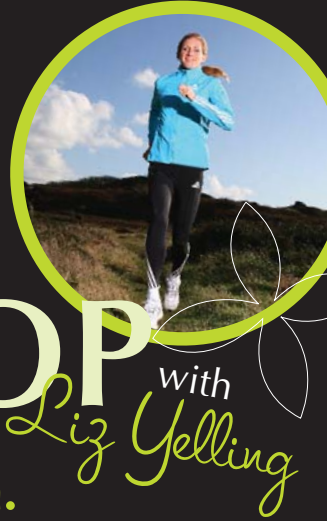




Beginner &  
Intermediate

# WOMEN'S RUNNING WORKSHOP



with  
*Liz Yelling*

The Hub, Regents Park, London.  
Saturday 26th June 2010

IF YOU WANT TO RUN BUT DON'T KNOW WHERE  
TO START, THEN THIS WORKSHOP IS FOR YOU.

Learn how to get started, pace yourself, avoid injury, correct technique, nutrition, stretching and much, much more. **Have a fun, relaxed and inspiring day with like-minded women!**

**£120 includes lunch, coffee, muffins, exclusive GirlzRun technical adidas t-shirt, fantastic goody bag as well as Timex and Zest prize draw.**

With double Olympian and marathon runner Liz Yelling and author and coach, Sarah Russell MSc.

For more information see [www.girlzrun.co.uk](http://www.girlzrun.co.uk)  
or call Sarah Russell on 07900 825 836



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