

PRESTON HARRIERS

# Running Fitness Group

Adults from Age 18

Every Tuesday 6.30pm



**April to Sept at Avenham & Miller Parks**  
Meet at the Car Park on South Meadow Lane  
(next to hockey pitches opp. Continental pub)



**Oct to Mar at Preston Docks**  
Meet at the Car Park on Mariners Way  
(opposite SCS Furniture)

## WHAT'S YOUR GOAL?

- To run and keep fit
- Do a 5k parkrun
- Run a 10k Race
- Or even a Marathon

**Free  
Sessions**

**All  
Abilities**

Come and join a fun loving, friendly group  
here to help and encourage you all the way

Qualified Run Leaders

Organised by Preston Harriers and open to non members

If you enjoy the runs, join us after 4 sessions

New Adult Members

2017 - 18 Season

Only £30 per year

Further Information

[www.prestonharriers.net](http://www.prestonharriers.net)

[facebook.com/prestonharriers](https://www.facebook.com/prestonharriers)

Text Sue 07776 445553

**PRESTON** 1800

*Please check on Facebook for up to date information*