

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 at DFS

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

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

Sue 07776 445553

**PRESTON** 18

Please check on Facebook for up to date information