



17TH MAY 2022

...NOT JUST A BEGINNER'S COURSE.

DONCASTER PACERS

New Course Starts **Tuesday 17th May 2022**

- 9 weeks couch to 5k followed by 6 weeks building up to 60 minutes running. Regular club runs on Tues and Thursdays throughout membership period after this.
- Beginners course is aimed at people who do not run, run a little, get bored of running on their own, want to improve their parkrun time or just get round without having to stop and walk!
- Gentle introduction to running for those new to running or might not have run for a long time – you will be supported by a team of volunteer Qualified Run Leaders, Coaches and Runners from Doncaster Athletic Club who all give their time freely out of a desire to help others,
- Make new friends and support the local running community. £15 of your fee goes UK Athletics with the remainder going to Doncaster Athletics Club supporting the community
- **Card Payments now available.**
- Private Facebook group to join.
- You will surprise yourself with the progress after just a few weeks

We look forward to meeting you!

Doncaster  Athletic Club

**Info and Sign Up
Evening
Tuesday 10th May
2022**

**Runs are Tues &
Thurs 6pm at the
Keepmoat Stadium**

**£45 for Couch to 5k
training, then building
up to running 60 min
and membership until
2023 - 12 months of
support!**

Changing and Toilets

**Brilliant support from
qualified run leaders
and runners all year!**

DONCASTER AC
Keepmoat Stadium

Email –
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doncasterpacers.co.uk