



# 16<sup>TH</sup> JAN 2024

## ...NOT JUST A BEGINNER'S COURSE.

# DONCASTER PACERS

**New Course Starts: Tues 16th Jan 2024**

- FREE COURSE – tryout risk free!
- 9 weeks couch to 5k followed by option of further 6 weeks training building up to 60 minutes running. Regular club runs on Tues and Thursdays throughout training 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.
- 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  
Tues 9<sup>h</sup> Jan 2024**

**Runs are Tuesday &  
Thursday 6pm at the  
Eco Power Stadium**

**9 week course -  
Now FREE !!**

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

**DONCASTER AC**  
Eco Power Stadium

Email –  
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[doncasterpacers.co.uk](http://doncasterpacers.co.uk)