

# Join Our Beginners' Running Group!

## DARWEN DASHERS RUNNING CLUB

Are you ready to take the first step towards a healthier, more active lifestyle?

Look no further! Our friendly and supportive beginners' running group is here to help you kickstart your running journey. Whether you're a complete novice or just looking to dust off those running shoes, we've got you covered.

- Gentle progression from walking to running
- Expert guidance from experienced runners
- Inclusive and encouraging atmosphere
- Make new friends and improve your fitness
- Celebratory run on course completion
- **When:** Wednesday evening 7pm
- **Where:** From Darwen Leisure Centre
- **Duration:** 10 weeks
- **Cost:** **Free!**

Don't let excuses hold you back. Grab your water bottle, put on your favourite workout gear, and join us! Whether you're aiming for a 5K, a fun run or just want to enjoy the fresh air, our beginners' group is the perfect place to start.

**\* Starts Wednesday 8th January 2025 \***

**\* Meet at Darwen Leisure Centre 7pm \***

**\* No need to book—just turn up! But we encourage you to pre-register, at [RunTogether | Part of England Athletics](#) \***

Website: [www.dashers.org.uk](http://www.dashers.org.uk)

Facebook: [Darwen Dashers Running Club](#)