

# KEEP ON RACING 4 LIFE

and feel great every day!

A few quotes from City of York Council's physical activity co-ordinators:

**“Sometimes it can be hard to get motivated to do physical activity but once you get over the first hurdle it gets easier and easier each time you do it!”**

**Robin Bedford**

**“Physical activity gives you a buzz, makes you feel good about yourself, is fun and doesn't have to cost a lot. Why not start by coming to one of our Racing for Life sessions with your friends.”**

**Lisa Feasby**

**“Physical activity reduces your risk of heart disease, osteoporosis and lowers blood pressure, so not only does it make you feel great but it benefits your health in all sorts of ways.”**

**Ellie Hutchinson**

You want to increase stamina.

You can socialise with friends and make new ones.

**Why YOU should join our weekly walking or jogging sessions!**

Running clubs may seem intimidating.

You'd like more fun in your life!

You're maybe too fit for walking clubs but not quite up to running miles and miles.

You would like to burn calories and lose weight.



**York has a number of walking and running clubs and they will all be happy to welcome you - whatever your age or ability. Contact one of the organisations below for further information and make that move!**

## **RUNNING CLUBS**

### **York Acorn Running Club**

John Tattersall - 01904 703 067  
Paul Richardson - 07950 611348  
yorkacornrunningclub@york.  
communigate.co.uk

### **Nestle Rowntree Athletics Club**

Andy Normandale - 01904 426 735  
contact@athleticsyork.org.uk

### **Knivesmire Harriers Running Club**

Jean Snelling - 01904 792 895 or  
Brian Hughes - 01904 708 318  
B\_4\_k\_harriers@hotmail.com

### **Women's Running Network**

www.womensrunningnetwork.co.uk

## **WALKING CLUBS**

### **York CIU Race Walker Association**

Brian Rusling - 01904 629 473

### **Ebor Acorn Rambling Club**

Ann Laing - 01377 272524

### **Health Walks in York**

Paul Ramskill - 01904 553372 or  
Michele Taylor - 01904 724109  
michele.taylor@sypct.nhs.uk  
or visit [www.york.gov.uk/leisure](http://www.york.gov.uk/leisure)  
for the timetable

## **COME ALONG AND JOIN US A NEW RACING 4 LIFE SESSION FOR EVERYONE!**

**Our new walking/jogging sessions are for everyone over 16 years (males as well as females) whatever your ability, and will be starting on Monday 3rd June from 7pm to 8pm at Oaklands Sports Centre, Cornlands Rd, Acomb.**

They will continue every week at the same time and place so come along and keep on racing for life each week and **see yourself improve!**

This leaflet and the new **Racing 4 Life sessions** are organised by City of York Council's Sport and Active Leisure Team. For further information about **Racing 4 Life sessions** or any other physical activity enquiry contact the physical activity co-ordinators on telephone number **553440**.

Visit [www.yortime.org.uk](http://www.yortime.org.uk) for lots of fun clubs, groups and activities near you to help you continue doing a bit more exercise!

This leaflet is about organised activity sessions. If you would like this information in an accessible format (for example in large print or by email) please contact **01904 553440**.



This information can be provided in your own language.

我們也用您的語言提供這個信息 (Cantonese)

এই তথ্য আপনার নিজের ভাষায় দেয়া যেতে পারে। (Bengali)

Bu bilgiyi kendi dilinizde almanız mümkündür. (Turkish)

یہ معلومات آپ کی اپنی زبان (بولی) میں بھی میا کی جا سکتی ہیں۔ (Urdu)

☎ (01904) 613161

