

**FREE COUCH TO 5K COURSE AND IMPROVERS  
EVERY WEDNESDAY, 6.25 pm**

**Location: Chilwell Olympia, Bye Pass Road,  
Beeston, NG9 5HR**

Do you want to be able to run 5K? Couch to 5K course and improvers wishing to continue. The course is fun and suitable for all abilities.

Call 07759 125929 to find out more!



Run by Penny and Chris, 2 qualified Run Leaders from Beeston Athletic Club. The aim is to get participants from little or no running to 5K in 8 weeks, and help those who want to improve continue with their running.

Please wear appropriate clothing for the weather and trainers.

Website: <http://beestonac.com/>