

"Running on Dreams"

**"Running for longer" Seminar
with Fraser Clyne and Mel Edwards,
Sunday 2 October 2011 at Knockburn Loch**

How to prepare well for a 5k and 10k distance.

Starts at 10.00am - finish by 3pm.

Running session involved so wear running kit & bring spare gear

Seminar fee is £10 per head and includes morning and afternoon refreshments/bakes, soup & sandwich lunch.

Please make cheques payable to 'Aberdeenshire Council' and print off form

Applications close on 28 September 2011

**"Getting over the 10K hill" with Richard Nerurkar MBE,
Sunday 30 October 2011 at Knockburn Loch**

When a 10K is not enough, how to train for up to a marathon?

Applications close on 26 October 2011

For further information contact:

www.aberdeenshire.gov.uk/recreation/events Tel: 01467 628283



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