



Beginners Running

Want to start jogging/running but unsure how/where? – read on....

Leanne Ambrogio and Susan Griffith are conducting 6 week courses throughout the year which aims to help anybody with a desire to jog/run.

Whether you

- have never run before
- are looking for a new challenge
- have run in the past and are wanting to get back into it
- aim to run City to Surf (or other fun runs)
- just want to exercise to help you lose weight

join the next course starting on

Date: Various throughout the year – email Leanne (see below) for date of next course.

Time: 6.30pm (allow an hour)

Place: Outside North Sydney Indoor Sports Centre, Clarke St, Crows Nest

Cost: \$50 for the 6 week programme

Coaches:

Leanne Ambrogio	- Qualified Fitness Leader & experienced long distance running.
Susan Griffith	- Qualified Australian Track & Field Coaches Association Level 2 coach (middle & long distance running) & experienced long distance runner and triathlete.
Steve Bruggeman	- In-training – currently completing Australian Track & Field Coaches Association Level 1 coaching course. Experienced long distance runner.

For more information or to book your spot contact

Leanne on 0402 857575 – or email ambrogio@ihug.com.au
or Susan on 0414 252330 - or email kjesrg@bigpond.net.au

Check out our website www.nrg.asn.au