

www.run4you.org

LIFE IS A RUN...NOT A RACE!



Bedgebury National Pinetum, Tunbridge Wells Kent TN17 2SL

- **3k Run on 7th Feb 2009**
- **5k Run on 7th Mar 2009**

WHAT

RUN 4 YOU is a 2 stage 'run' not a 'race' with a training plan that will help you to kick start the New Year and improve your health and fitness.

WHEN

3 kilometre run – 7th February 2009
5 kilometre run – 7th March 2009

WHY

You can run in either the 3k or 5k distance events, but with our carefully designed training plan for you, we can help you to complete both. Whether you wish to run as part of a new year's resolution, a fundraiser, a challenge or for better health and fitness, this is a 'Run 4 You'.

WHERE

Bedgebury National Pinetum,
Park Lane, Goudhurst,
Tunbridge Wells, Kent TN17 2SL



ADDITIONAL INFO

£14 entry fee covers both runs and your very own training plan. You can run in either event or both.

Limited to only 500 runners per event on a first registration basis

Please register early to avoid disappointment. For more information and to register today contact 01622605593 or visit www.run4you.org



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