

BOURNVILLE HARRIERS BEGINNERS' RUNNING COURSE

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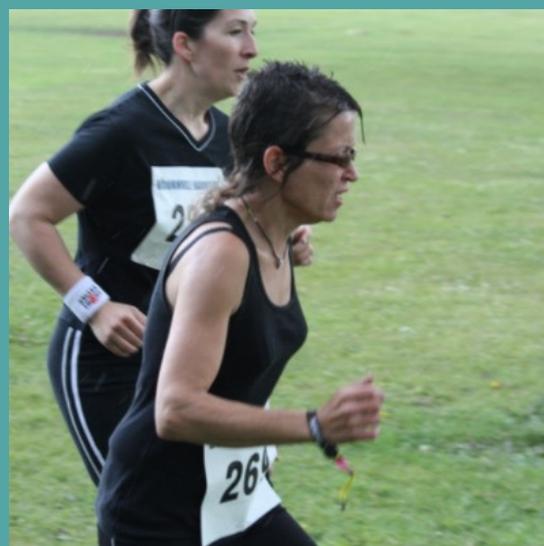


BEGINNERS

JUDE'S STORY:

BACK IN 2011 I DID THE BVH BEGINNERS' COURSE SO I COULD RUN RACE FOR LIFE IN MEMORY OF MY FRIEND WHO'D DIED OF BREAST CANCER ON THE BIRTHDAY WE SHARED.

I USED TO THINK RUNNING WAS A VERY NASTY ACTIVITY INVOLVING EVEN NASTIER CLOTHING-WHY WOULD ANYONE WANT TO DO THAT?! I DIDN'T EVEN HAVE PROPER TRAINERS WHEN I STARTED... OR ANY OTHER KIT FOR THAT MATTER. I'D NEVER BEEN REMOTELY SPORTY AND WAS ALWAYS LAST TO BE PICKED FOR GAMES TEAMS AT SCHOOL!



Jude completes the beginners' course



Jude running the London Marathon

TURNS OUT I CAN ACTUALLY RUN QUITE A LONG WAY; SUNDAY WILL SEE ME RUNNING THE LONDON MARATHON FOR THE FOURTH TIME! DOING THE BEGINNERS COURSE WAS ONE OF THE BEST THINGS I'VE EVER DONE.

I'VE MADE MANY GREAT FRIENDS AND ACHIEVED THINGS I NEVER IMAGINED I COULD IN A REALLY SUPPORTIVE ENVIRONMENT.

REST ASSURED THOUGH, THERE IS NO OBLIGATION WHATSOEVER TO GO ON TO RUN A MARATHON - UNLESS OF COURSE YOU WANT TO!

KEVIN'S STORY:

I RESTARTED MY RUNNING AT BOURNVILLE HARRIERS BEGINNERS' COURSE IN MAY 2016, THE FIRST PERSON I MET WAS SOMEONE WHO I WORKED WITH TWENTY FIVE YEARS EARLIER WHO I AM NOW FRIENDS WITH, THE BEGINNERS' COURSE SET ME UP AFTER 6 WEEKS WITH ENCOURAGEMENT, ADVICE, AND SUPPORT. I THEN TRANSITIONED TO THE CLUB 6 MILE MONDAY RUNS AND REPS ON THURSDAY AND HAVE MET THE FRIENDLIEST GROUP OF PEOPLE I KNOW. SO 18 MONTHS AFTER JOINING THE CLUB I TACKLED MY FIRST MARATHON ALTHOUGH A CHEST INFECTION, COLD & INJURY ALL ADDED TO A STRUGGLING 26.2 MILE JAUNT, I DID IT! ALL THANKS TO THAT FIRST DAY ON THE BEGINNERS COURSE THAT SET ME ON MY WAY.



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BEGINNERS



Rachel completes the
beginners' course

RACHEL'S STORY:

I COMPLETED THE BEGINNERS' COURSE AS A LAPSED RUNNER IN 2016. I REMEMBER HOW NERVOUS I WAS WHEN I CAME TO THE CLUB THE FIRST TIME, BUT I NEEDN'T HAVE WORRIED. THE RUNNING GROUPS WERE SMALL AND THE AMOUNT OF TIME RUNNING WAS BUILT UP SLOWLY SO IT WAS MANAGEABLE. I LOOKED FORWARD TO MONDAY AND THURSDAY EVENINGS AND IT WAS FUN TO GET FITTER AND FASTER...

PEOPLE HAVE A MISCONCEPTION ABOUT RUNNING CLUBS - IT'S NOT JUST FOR SUPER-FAST PEOPLE (ALTHOUGH BVH HAS SOME OF THOSE) BUT IT'S FOR EVERYONE. AFTER A BAD DAY AT WORK I GO RUNNING AND BY THE POWER OF ENDORPHINS IT IS ALL FORGOTTEN. BVH FELT VERY QUICKLY A PLACE WHERE I FELT I BELONGED. I LOVE THE FACT THAT THERE'S SUCH A DIVERSITY OF MEMBERS.

LAST NOVEMBER I DECIDED TO TRAIN FOR THE LONDON MARATHON, IT'S MY FIRST MARATHON AND I AM FUNDRAISING FOR MIND AS RUNNING HAS REALLY HELPED MY MENTAL HEALTH.

I'M SO EXCITED THAT I HAVE MANAGED TO GO FROM BEGINNER TO MARATHON RUNNER IN JUST UNDER 2 YEARS; SOMETHING THAT NEVER WOULD HAVE BEEN POSSIBLE WITHOUT THE SUPPORT OF BVH.

Running for 'Mind' in training for
the London Marathon



SUZANNE'S STORY:
I JOINED THE BEGINNERS'
COURSE LAST MAY AND HAVEN'T
LOOKED BACK SINCE. I HUFFED
AND PUFFED MY WAY AROUND
THE FIRST SESSIONS
WONDERING HOW ON EARTH I
WAS GOING TO RUN
CONTINUOUSLY FOR MORE THAN
2 MINUTES, LET ALONE 5 OR
10KM. I HADN'T RUN FOR MORE
THAN A BUS IN 18 YEARS BUT
HAD RASHLY SIGNED UP TO A
10KM WOLF RUN FOR FUN!



Suzanne has gone from the beginners' 5km race to a Marathon in less than 12 months!



FOUR WOLF RUNS, ONE HALF MARATHON AND A
MARATHON LATER AND I CANNOT IMAGINE A
LIFE WITHOUT RUNNING.
THE BEGINNERS' COURSE GAVE ME THE SKILLS,
THE CONFIDENCE AND THE BELIEF TO DO
THINGS I NEVER IMAGINED WERE POSSIBLE;
TWO STONE LIGHTER, MASSIVELY FITTER AND
SO MANY NEW FRIENDS ARE JUST A FEW OF THE
BENEFITS I HAVE REAPED ON THIS FABULOUS
JOURNEY.
SO WHAT ARE YOU WAITING FOR? SIGN UP FOR
A LIFE CHANGING OPPORTUNITY YOU WILL
NEVER FORGET!



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