

RUN TO BE

THE RUNNING COMMUNITY FOR ANYONE WHO WANTS TO RUN...



WELCOME TO OUR FIRST NEWSLETTER OF 2020!

We hope you enjoy reading our newsletter. This bi-monthly newsletter is to keep you informed on all things Run To Be.

If you have a story you would like shared then please email Sarah at info@runtobe.co.uk

[Don't forget to follow us on Facebook and Instagram](#)

Over 75 of you have ordered RTB t-shirts and hoodies. The streets of Loughton, Wanstead, Woodford and Chingford are going to look great with all the RTB Footprints. If you would like to place an order please email Sarah.

NEW WANSTEAD COURSE FOR JANUARY – WHAT A SUCCESS!!

We had a great response to all our new courses that started in January. Our new course in Wanstead had a great turn out with nearly 30 people booked on and all of them enjoying every session. We have loved meeting you all, and look forward to you continuing your running journey with us.

RTB's 10K Winter Run

The Winter Run 2020 in London was cancelled because of Storm Ciara, we had 40 runners signed up to run. Some were running a 10k for the first-time others to get a PB.

After the announcement that the official run had been cancelled Lindsey decided to organise our own 10k run. We had over 30 runners attend and even though Storm Dennis was about to hit, this time no storm was going to stop us from running.

RTB organised the event and all our runners wore their specially designed RTB Winter Run t-shirt and race numbers. It was a great turn out in the Chingford area with lots of RTB footprints on the streets.

All those who completed our race prep course in January attended the race and were pleased with the training they had put in as most found the route relatively comfortable. Congratulations to you all and we can't wait to see the bling!!





New Courses for March & April

We are pleased to announce 2 new courses for Wanstead and Chingford, starting Thursday 19th March.

These are for all runners who have completed their 5k course and want to carry on their journey before we take a break for Easter.

5K Improvers course will be starting on Tuesday 21st April in Woodford, this is a great course to learn different running techniques and build stamina, and is led by a qualified coach.

New 0-5k Course Dates – 8 Weeks

Saturday 18th April, 9 am Woodford (6 weeks)

Wednesday 22nd April, 7.15 pm Loughton

Thursday 23rd April, 7.15 pm Chingford

Thursday 23rd April, 7.15 pm Wanstead

Friday 24th April, 10 am Chingford

All booking is via the Run To Be website here www.runtobe.co.uk



Meet the Coach

Lindsey is the founder and head coach of Run To Be. Her passion is making running open to everyone by building a non-competitive and inclusive community of runners. She thinks the biggest buzz is supporting people who never believed they could run and seeing them progress on their journey. Lindsey believes 'everyone CAN run'!

She will be back coaching in our April courses and is raring to go after being out of action for a couple of months.

If you've not run with Lindsey yet then I'm sure you will soon!

"I AM NOT A RUNNER. I JUST LIKE TO RUN..."

If you're not following us on Facebook (<https://www.facebook.com/runtobe.co.uk/>) or Instagram (<https://www.instagram.com/runtobe/?hl=en>) then sign up today to find out more about our courses. To join our Facebook Discussion group where we discuss all things running and welcome new members click on the link via our website www.runtobe.co.uk.