Newsletter Summer 2013

Summer Holiday Programme

From Monday 22nd July until Saturday 31st August all our walking and running groups will be available
For those on 'Go Monthly' (standing orders) all groups continue during the school holidays
Not on 'Go Monthly'? Just turn up and pay £3 a session

For those on a course – Courses finish Saturday 20th July and re-start on Monday 2nd September

Runners Summer Social

At Fairlawns, Little Aston Road, Aldridge WS9 0NU on Thursday 4th July 7.30 pm for 8.00 pm.
Grand Prix presentations will take place at the Summer social gathering.
£26.50 with order in an envelope (see below) to secure a place by **Saturday 22nd June**
or £30 (if places still available – deadline Friday 28th June)

Summer Charity 5km/10km Time Challenge

Saturday 22nd June
Meet in Sutton Park at the SE Fitness gazebo
Warm up 8.45am, mass start 9.00 am
All Runners welcome - just turn up!
(under 16yrs accompanied by an adult)
£3 on day – all proceeds go to charity.
Certificates to all finishers!
Points for grandprix,
bonus points for personal bests!
Please note there will be **NO** Saturday groups on this day except Walk Plus

20% Day Week

Monday 10th June until Friday 14th June. (late opening Thursday 13th) at Sutton Runner, 268 Jockey Road, Boldmere, B73 5XL

Charity 'Not the Gate Run'

Friday 12th July 6.30pm.
All welcome. Watch for details - keep the date!

Our Charity

You have helped us raise £1,046 for
The Alzheimer's Society.
A BIG thank you!

Long Saturday runs for Run Fit 2 and Run + (7-8m) on July 6th, August 3rd, September 7th

Birmingham ½ Marathon training programme

Thinking of doing the ½ marathon
on Sunday 21st October ?
Then join our 7 week programme.
We start on Saturday 31st August with 7 miles

Walkers Summer Social

At The Boathouse on Tuesday 9th July at 7.30 pm
£17 per person. To secure a place put your £17 (cheques only payable to Jenny Hill) in envelope with your name and contact number by Friday 14th June
(sample menu go to http://www.sefitness.com/events-courses/summer-social-runners-walkers/)

Fill in details below.

Name_____ Contact no._____

I enclose £26 (payable to S E Fitness) Further details on website. Circle choices and return in envelope with cheque by **Saturday 23rd June or £30 (if places still available – deadline Friday 28th June)**

Starters:	Main:	Desserts:
Spring vegetable broth, Seasonal melon, mango sorbet, Smooth chicken liver parfait, red onion marmalade, brioche	Roast fillet of salmon, Roast breast of chicken, Duo of pork fillet Sun dried tomato risotto, baked goats cheese (v)	Chocolate brownie, Baileys Glazed lemon tart, coulis Platter of cheeses, Followed by coffee & chocs