



# RunTogether



Leicester-Shire & Rutland Sport and Run Together believe running and jogging is most fun when shared with others.

Try one of our group runs to find out for yourself...

- RunTogether has been created by England Athletics, to provide fun, friendly, supportive and inclusive running opportunities for everyone in England.
- Choose from local RunTogether beginner running groups across Leicestershire and Rutland who offer beginner friendly running sessions and Couch to 5k groups, led by qualified and insured Run Leaders
- Whether you want to lose weight, train for an event, or simply enjoy exercising with friendly people whilst exploring your local area, our beginners running groups offer something for everyone
- Please contact us or the Run Leader prior to attending a listed session, so we can ensure you have the latest information about the group



**For further information or to book your session please:**

Email: [Support@runtogether.co.uk](mailto:Support@runtogether.co.uk)

Web: <https://runtogether.co.uk>

Telephone: 0121 347 6543 / option 4.

