



Welcome to 2013 and to any new runners that have joined us. You are all doing brilliant, no matter how often you go out or how little you do you are still out there joining us, it is lovely to see so many ladies out running and enjoying it. It's not all about speed, go out there and enjoy yourself. As a leader nothing pleases me more than seeing everyone out running, usually in front of me and I apologise for keeping everyone waiting for me to get up the hills on a Sunday. Looking back over the year, lots of ladies have joined us and many have gone on to do events, some never thought they would run never mind join in events. 2013 is going to be a good year, we have lots of events coming up, don't worry you don't have to be a serious runner, some of these events you just cannot run but you can certainly have a good laugh rolling around in the mud and having exercise at the same time. Did you tick off any goals from last year, and have you any goals this year. Make a wish list and tick off each one as you do it. We have a new challenge starting Feb 1st – 500 miles – 1 Feb to 1 Dec 2013. You think you can't do it, count up all the miles that you run, however small, you will be surprised. The runner nearest to the figure will win a prize at our Christmas meal, forms will be coming out soon. We can help you achieve your goals, be it a half marathon or full marathon, runs at a weekend help with the mileage, many thanks to everyone who comes out and play. Without all you ladies I wouldn't have run with the torch last year, you all keep me going. I hope everyone who attended the Christmas meal in December enjoyed themselves unfortunately I was ill and unable to attend, must arrange another one for Easter time, any excuse for food. Many thanks to Jill and everyone who organised the meal and thanks to Office Express for printing out all the packs for us. Some events coming up in 2013 are: (Please check their websites for confirmation)

- Run around Source of the Severn woods – Feb 3 – just a run out on a Sunday with Michelle, meet at Maldwyn Sports Centre at 8.15, Belinda has a few spaces in her car if you would like a lift, meet Michelle at the picnic area Hafren Forest at 9am in Llanidloes. Lovely scenery and great training for you.
- Walking to beginners course starting at Open Door Family Centre – Feb 5
- Llandudno 10K – 10 Feb
- Wrexham half marathon 17 Feb – entries in by 10 Feb
- Run your life special event – poss 10 Mar - for any lady who has started running with us since the beginning, there will be a 3 mile event held in Rhayader with a momento after, at your own pace, just to celebrate all you women out there running. Please let Jill or myself know if you would like to enter as soon as possible. Further details are to be supplied – don't think there is going to be a charge.
- Rhayader 6 miles and 20 miles race – 16 March
- Newtown Chocoholic 3 mile event – 29 March – everyone welcome with a fun run for the children
- Sunday 31 March – a gentle stroll up to the mast and back – everyone welcome
- Shobdon approx 6 miles in April and London Marathon
- Bishops Castle round and about walk – run or walk 22 miles or parts of the course – 11 May
- Newtown 10k – lovely flat (ish) course – 12 May

- Powis Castle half marathon – mostly trail – 2 June – look at Rhino Pursuits for more info
- Gregynog run – June 14
- Shrewsbury half marathon/full marathon – June 23
- Mudrunner – 29 & 30 June – start saving now for this event. We will be collecting entry forms and money per week, anyone wishing to enter please see Jill and start saving. A bus is normally organised, men, women and children can take part. A great event to try!! See if your partner is a man or a mouse!!
- I am sure there are many more events taking place, if you would like me to mention them in the next newsletter please let me know. Above all please be safe out running in the next couple of months, when going out by yourself let someone know where you are going, wear bright clothing, take a mobile phone, water and maybe a few jelly babies with you just in case. If going out as a group make sure two of you have mobiles with you and make sure you know each other numbers, carry a first aid kit in a small belt, water and always make sure everyone in your group know where you are going, once you reach a designated point turn around and go back to the last runner so they know they haven't been forgotten, run together for a bit and then go to the next point.

Be seen and be safe - Caroline