

Help you can get with starting to run



Easy read

Who we are



We are called **Run England**.

We are here to help people in England start to run.



Running is good because

- it is fun
- it is good for you



- you can meet new people.



This leaflet tells you more about what we do and how you can join in with us.

What we do



We are here to help you with your running.

If you join us then you can do new and fun things like



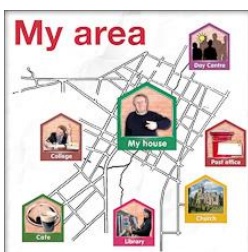
- meet other people near you and start running with them



- buy some things a bit cheaper, like trainers



- run with someone who has been trained in good ways to help people with running



- find new places to run near you



- be in charge of a group of people who run with each other.

Who can join us



We think lots of people can start to run.



You don't have to be really good at running to join us.

For example you can still join us if you



- have never run before

- like to run slowly



- want to run in places where there are no steps



- use things like a wheelchair or a walking stick.

How to find out more

If you want to find out more then you can



- phone 07850 514936



- email runengland@englandathletics.org



- go on our website. Our website address is www.runengland.org

Our website does not have easy words and pictures.