‘Leaders on Legs’



**Coming September 2017**

Register your interest now!

|  |  |
| --- | --- |
| Name |  |
| Contact number |  |
| Email Address |  |
| School |  |
| Job title |  |

Please return all forms to [tom.wright.bp@gmail.com](mailto:tom.wright.bp@gmail.com)

‘In order to invest in other people, you must first invest in yourself’

Join us for a weekly ‘Leaders on Legs’ run to help improve health and well-being in school leaders across the district. Meet colleagues, have fun and wind-down from the stresses of the week.

All runs will be led by qualified Sports Coach, Tom Wright, and will be approximately 10k. This will include a 10 minute warm up, 1 hour run and 10 minute cool down. (Not ready for a 10k run at the moment? Check out the NHS ‘Couch to 5k’ running app!).

Time: Prompt 6.30pm start, arrival from 6.15pm

Date: Every Wednesday evening, starting in September 2017

Location: Bingley (more details to follow)

Cost: Free of charge

Disclaimer: This is a voluntary running group. No liability is held by the organisers.