

## Handout for Week 9:

# The Joys of Events

Events can be very special, and the best way to make them that way is to run with others! There are many ladies only events such as Cancer Research UK Race for Life, which will allow you to take part in a setting similar to your comfort zone with many like minded women. There are similar mixed events and local events suitable for the new to running

### How do I enter events?

Ask your group leader to let you know where to find entry forms or how to enter events. They will be more than happy to help and guide you in the right direction.

### Why events?

Events provide a challenge if you want it and give you a chance to have a goal to keep you going. Many new runners find that by having a target event, it will help to keep them motivated.

What better reason to run than for charity? A questionnaire in 2008 showed that one of the main reasons beginners run is for charity. Having that extra commitment helps with dedication to your running and gives you that little more incentive.