

# FROM FUN RUN TO MARATHON

## Training for a charity fun run, a 10k event, a half or full marathon?

Then speak to the professionals and put your best foot forward.



### Runners Advice and Guidance Drop in Day

Saturday 26th November  
2-4.30pm at Hereford Leisure Centre

**FREE expert advice and guidance on all aspects of running:**

- **Podiatrist** – on looking after your feet
- **Halo Fitness Instructors** – on the importance of cross training to keep your training effective
- **Sports Physiotherapist** – on avoiding common running injuries
- **Running Gait Analysis from local sports retailer Clubsport** – on choosing the right footwear for your running style

0845 241 0978

| [www.haloleisure.org.uk](http://www.haloleisure.org.uk)