

NEWS::

• Membership Renewal

Hopefully you all have renewed your membership with UKA. Not only does this give you great discounts on race events, but also the club benefits from things like VLM places. Please make sure you do this asap and keep your contact details up to date.

• New club email address

You have probably noticed that we have been having a few teething troubles with our website. Well, we have been moving over to a new host... which will give us more control and we now have a dedicated club email address, please make sure to add it to your contacts: running@slinnallstars.co.uk

Emergency Number 07580328677

Just a reminder about the club Emergency Phone number, please ensure you have this installed in your phone, in the unlikely event that you get lost or injured and require assistance you can call this number and we can get someone out to help. *Tuesday nights only.*



Club Relay

As you will be aware club member Julian Booker, sadly passed away earlier this year. In memory of Julian, the club has decided that the club's annual relay race (scheduled for the 19th July) will be a social /charity event.

Raising money for the charity, chosen by Julian's family. The winning team will also be awarded with the Julian Booker Trophy. We feel that this will be a great way for members to remember Julian and a nice social event for Julian's family to attend.

Full details will be supplied closer to the event.

YOUR CLUB



NEEDS YOU

Volunteers

Please, please, please take your turn to **back mark on a Tuesday night**. The **back markers** make running safer for all of us and shows what a great club we are.

Beginners

The **beginners course** is a major source of income for the club. By doing this, the club can pay for treats and keep the subscriptions low. The **next course begins on 6th September 2016**. The more helpers the better!

Parkrun

Parkrun is a free timed 5k run at **Lydiard Park** every Saturday at 9am. Our club is approaching 10,000 runs, so please come along - you might run the 10,000th!

Meet your Committee!



Name: **Karen Colmer**

Member since **2008**

Role on committee: **Treasurer**

Favourite race: **Rough & Tumble/ Sodbury Slog** (the muddier the better!)



Ben is back! 21/09/2016

He'll be running a marathon route planned by our route master. We would like as many Allstars as possible to join him, for at least some of the route. It'll be leisurely and local, so put the date in your diary.

#staysafe

If you're training for an autumn race - maybe the club trip - run safely.

Remember motorists don't have to stop, so don't assume they will. Please look **BOTH** WAYS!!!

Be **mindful of pedestrians**, always be polite when passing 'excuse me'.

UPCOMING EVENTS

May	Sunday 29th	DAUNTSEY 10k
June	Thursday 23rd	Mike's Mast - Club Run
July	Sunday 3rd	SUMMER BBQ
July	Thursday 7th	Fruit Run - Club Run
July	Tuesday 19th	CLUB RELAY