

The TrySports Runners Guide (TRG43)

The TrySports Run for Fun Club

Since the store opened we have held a Saturday morning run each week. The turn-out has varied from week to week though we have a hard core of regulars who show up week after week.

For some time we have discussed setting up a runners club which would take our running seriously but not that seriously. Staying fit and healthy should be fun and running is no different. So we recently launched our new **Run for Fun Club** and at time of writing we have 58 members.

Who is this club for? Anyone who likes to run and have some fun doing so.

Are beginners welcome? Absolutely! Consistent with the name of the store we would love you to Try Running.

When do you run? We will continue to run on Saturday mornings and subject to demand, we will have at least two other weekly runs probably on Tuesday/Thursday evenings. We will also consider other times if there is sufficient demand.

Where do you run? While the store will be our base, we will try to run in a variety of locations including IOP beach, new bridge, Palmetto Park, Snee Farm, Park West, IOP Connector etc.

What does it cost to join? Nothing, Nada, Zip, Zero, like fresh air, it is free!

Why should I become a member? There will be many benefits associated with joining our Run for Fun Club.

- Best of all you will have some fun getting and/or staying fit.
- You will be able to go to an organized run when you want to.
- You will receive ongoing support, advice, motivation and encouragement.
- Full website access to the TrySports Runners Guide
- We will arrange regular social gatherings for club members
- You will receive a Run for Fun Club goody bag including our new club t-shirt.
- You will also receive some special Club member only promotions/incentives.

How can I sign up? To join the Club all you need to do is either sign up in person at the store or you can sign up on line by clicking on the “Try Run for Fun” link on our website www.trysports.com.

Club T-Shirt Design Competition

We are going to produce a Run for Fun Club t-shirt and we are holding a design competition and we would like your help. All you have to do is design the front of our t-shirt. Use your imagination! Be as creative as you can!

If you have an artist in your family or among your friends, get them to design it and send your entry to jimkirwan@trysports.com by 30th November 2006. If you prefer you can drop your entry off at the store or fax it to the store at 849.9292.

The winner will receive a \$100 gift card and depending on the quality of the response we may have some consolation prizes as well. We will announce the winner at our Run for Fun Club Christmas Party and in the next edition of TrySports News.

Complete Access to the TrySports Runners Guide

This is the 43rd and final edition of the Runners Guide which started way back in January. We have put a lot of time and effort into producing this guide and will shortly put it up for sale on www.trysports.com.

We want our Run for Fun Club to be successful but it will require commitment from all the members. Some people say that a free club will never gain commitment and that you have to charge membership fees to achieve this. They may be right, but we have decided to make the complete Runners Guide available to members of the Run for Fun Club and we will announce how you can get access to it (FREE) at our forthcoming members Christmas Party.

So if you have enjoyed the Runners Guide, now you know how you will be able to get access to the previous 42 editions.

Beginners: Are especially welcome to join our Run for Fun Club!!!!

Next Week: This is the last edition, at least for 2006.

Disclaimer – the contents of The TrySports Runner's Guide are intended as suggestions only. You should always use your own judgment before taking up any of these suggestions. No responsibility or liability will be accepted by the author or by TrySports for any adverse consequences of any of these suggestions.