



RunTogether



BetterTogether

#RunTogether

RunTogether has been created by England Athletics, the membership and development body for grassroots athletics and running, to provide **fun, friendly, supportive safe and inclusive running opportunities for everyone.**

Phone: **0121 347 6543** (option 4 for RunTogether) Email: **support@runtogether.co.uk**

We like to run with friends and connect with people

RunTogether is a **social running programme** and believes **running/jogging is more fun and easier to become part of your lifestyle when shared with others.**

RunTogether is a great social connector, bringing existing and new friendships together, and supporting each and every type of our members:

- Runners
- Run Leaders
- Run Leader Mentors
- Mental Health Champions
- Guide Runners

It's easier to run and
get #ActiveTogether

- **Get Me Started** – sessions for beginner runners/joggers
- **Keep Me Going** – sessions if you run at least twice per month and feel comfortable running/jogging around 5km without stopping
- **Challenge Me** – sessions if you typically run at least once every week and are looking to increase pace and/or running distance

RunTogether has thousands of

RunTogether groups which operate all over England with routes in rural, urban and workplace environments, making it easier to access a run wherever you are located.

Simply enter a postcode to find your nearest group location using our Run Leader and Runner Apps, or online at runtogether.co.uk

Download
the app
today



Everyone's invited

RunTogether is committed to making running acceptable to everyone and to help people to run with others.

Running with others can provide motivation, guidance and support, making it more fun!

- **#RunAndTalk** – supporting mental health through running
- **#RunAndRevise** – supporting students' mental health, in partnership with Mind
- **Find a Guide** – supporting visually impaired runners
- **Satellite Clubs** – provide a fantastic opportunity to support young people to get fitter, healthier and involved in athletics, as well as increasing the number of leaders and coaches in clubs and helping their longer-term development.

We would love to hear from you



Contact our friendly support team via:
Telephone: **0121 347 6543** (option 4 for RunTogether)
Email: support@runtogether.co.uk
Visit: runtogether.co.uk

Write to us at:

Athletics House, Alexander Stadium,
Walsall Road, Perry Barr, Birmingham, B42 2BE