

Start your own local Runmum RunCrew

A great way of sharing your love of running, keep yourself accountable and motivated is to run with others.

This information will assist you in starting your own Runmum RunCrew in your local area.

So you want to find others to run with and are not sure on where to start? Here are a few ideas to get you going!

Posters

- Ask your local shop owners if you can place a poster up in their window or leave at the counter.
 - If you are a gym member, ask if they can put your poster up
- We have included a poster for you to use as a template

Facebook

Shout out on your local community notice board that you are starting a friendly run group, give the meeting time and location for people to come along and join you. Please make sure you are not arriving to your first run group meet up on your own, safety first ladies!

We are happy to put a closed Facebook group together for you in your area for your RunCrew to come together and arrange meet up times and locations, please just get in touch

Ask the schools in the area if they would advertise it on their community notice board or in the school newsletter

Finally talk about it, you never know who you might inspire to get out there and start!