

DB12 *Run*



**A Group for people with or without Diabetes
wanting to Jog & meet new friends**

Hello and thank you for taking interest in the new running group called: DB12Run

This is a jogging group for people whom have type 1 or type 2 diabetes or for someone who would just like to get a little bit more fitter in their life.

There are many groups within the south Lanarkshire area for running groups, but this group is not looking for targets, this is just a group of likeminded people meeting new friends and offer support if they have diabetes.

Date & Location

Starting on the 9Th May at 9am (please be there for 0845) – every Saturday at the boathouse at Strathclyde Park

The route will be a 5k jog/walk every Saturday, the route will get changed in due time to add in different scenery and alternative



Where do you meet?

There is a large car park situated outside the boathouse gym – We meet there at 0845 – there are however other running groups at that time – however if you can't find me I will be wearing a DB12Run T-shirt at the car and if you still can't find me – please give me a call



What to bring?

Its Scottish weather – T shirt & shorts preferably and appropriate footwear such as running/trail shoes. Don't wear army boots or flat shoes, it does not do any favours for your feet and calf muscles and you will be in pain or potentially resulting in injury.

Please also bring water/sports drink along with you.

If you are diabetic please also make sure you bring some sugar sweets and your tester with you – if you feel unwell please inform someone

ASAP!!! This group is however not covered as of yet for anything and will be awaiting insurance, for the time it will be on you- apologies.

How much does the group DB12Run cost?

Free

Will it ever cost?

No – the group will always will be free

Will we get t-shirts to say who we run for?

Yes in due time – once the group is together etc and more people join, I will get t-shirts made up and all the money from sales will go to Diabetes Scotland & the Nicola Murray foundation ovarian cancer.

A bit about myself

My name is Chris and I am a type 1 diabetic since 22nd Nov 2008. I have done seven marathons and sixteen half marathons in the past four years across the UK raising money for the Nicola Murray foundation ovarian cancer and diabetes Scotland. I created the group DB12Run as I am very passionate about being active and I wanted to give back to the community



**For more information please drop me an email –
christopher_w_gray@hotmail.co.uk**

or call me on 07941480417 Thank you *Chris*

We are on FACEBOOK please search for the group – DB12Run