

Love Running? Then we need **YOU!**



We need people in your area to be Guide Runners



- ◆ The England Athletics Sight Loss Awareness and Guide Running (off-track) workshop is available in your area and is open to runners of all levels.
- ◆ In two hours you will learn about types of sight loss, guide running tips and techniques and have a chance to guide and be guided.

What people have said about the workshop

"I really enjoyed the workshop and feel better informed as a guide. It's great that at my running club we now have this expertise to offer. Being guided with a blindfold made me appreciate how much trust visually impaired people have to place in us!" – Mike

"I have run with my partner for over two years now ... it was very much just find our own way on how to do things so to actually go along to a workshop and gather other information and experiences was extremely useful" – Keith

To find out about your next local workshop
or to be added to the waiting list:

Please contact your local CCSO or
Athletics Activator to register your interest.

Thank you!



Use your love of running to get more visually impaired
people active and involved in off-track running!