

Watford Joggers



NEWSLETTER

2004



Joggers start the New Year with Colin's Forts & castles Run Fisheries Inn Jan 2nd

Winter Running

Inside

Walkers are Joggers too

AGM

All the Race Results

Too Old at 30?

Protect Your Nipples

Luton Marathon feedback

Welcome to our Winter Issue. At this time of year the London marathon is central to many Joggers' thoughts, either as runners or on our water station. . The club as usual will provide advice, training and social runs in preparation. And hopefully our next newsletter will reflect the experiences of those who have run it. The water station too has its share of emotion and incident and I hope to induce one or two of those passing the bottles of water to describe their day.

So as you're pounding out the miles, think of putting down your thoughts . Closing date for copy for the Spring newsletter is:

Wednesday 29th December

Good running

Bob

