

April 2020 Newsletter



Spring has finally arrived along with Covid 19, lockdown and uncertainty. Hawkinge Hurricanes are still here to support athletes so keep tuned to our social media pages or weekly email for those not on media. Keep motivated and stay safe x From the HHRC Team 😊



HOW TO BE A RESPONSIBLE RUNNER

- 1 RUN AT A TIME WHEN THERE'S FEWEST PEOPLE ABOUT
- 2 KEEP A MIN 3M GAP. YOU'RE BREATHING HARDER & POTENTIAL VIRUS WILL TRAVEL FURTHER
- 3 BE PREPARED TO CHANGE YOUR ROUTE OR RUN IN THE ROAD. ASSESS THE PATH AHEAD.
- 4 BE ESPECIALLY MINDFUL OF OLDER PEOPLE & THOSE WITH LESS MOBILITY*

the **WARRIOR** METHOD

CLUB 5K AND 10K HAS BEEN PENCILED IN FOR SUNDAY 13TH SEPTEMBER 2020 😊

The Weekly Challenge

Each week you will receive a different challenge, keep us up dated via messenger, text, email or social media on how you're getting along. Its great seeing everyone support our club. There will of course be prizes along the way. Look out for vlogs n blogs coming your way soon too 😊.

Don't forget our Mental Health Champions are here too support you too c.clipstone@icloud.com

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