



## Mission Statement

### **The aim of Urban Runner:**

Improving running form with minimal/barefoot footwear. Developing individual runners using the concepts of "Older yet Faster (OYF)".

### **What are we:**

We are a group and not a club

### **Who can join:**

By invite only. Non club members only. Start with parkrun, then move to Thursday sessions (casual member), then progress to track group. At the discretion of Rakesh Sandhu.

### **Training days:**

Monday 7:45pm @ Ashton sports ground

Thursday 6:30pm @ Clayhall park (summer), hill training (winter)

### **Fees:**

No joining fees. No session fees. Runner to pay for individual track use.

### **Races:**

Occasionally you may be notified of a race. Entry is totally optional.

Diversity/Community places distribution is at the discretion of Rakesh Sandhu