



Heya Nordics,

A new year has begun and it brings exciting news for all of you active Nordics.

The Nordic Club hereby invites you to join **“The Nordic Running Team”**, which is the latest initiative to get together and improve our health.

The aim is to arrange several runs a week to help members get out on the roads. Whether your personal objective is to better your health, condition, weight or simply to socialize does not matter, **EVERYONE IS WELCOME TO JOIN NO MATTER OBJECTIVE, AGE OR RUNNING EXPERIENCE!**

Here are some of the advantages of joining The Nordic Running Team:

- Get or stay active;
- Improve your health while socializing;
- Its free for all members;
- Run with the Nordic Running Team when you feel like it (no requirements or limitations);
- Get personal advice from experienced runners;
- Free data and mapping of all runs;
- Optional test runs to track your improvements;
- Get informed about regional running events.

First run is on Sunday February 7. We meet in front of the “flower clock” in Jardin Anglais. Exact time is determined by participants. Send a quick e-mail to Sune Haldor Bertelsen on contact@shb.lu, if you would like to join or if you have any questions. Remember to state when you prefer to meet for the first run!

We are very much looking forward to see you on the roads!

As Always,

Your NC Board

