



# A.C.E. RaceRunning Club Newsletter - Autumn 2016

Our club sessions have now finished for 2016 - we really did enjoy the warm and calm weather during the last few weeks of the season.

## Thank you.....

Thank you so much to our volunteers at the club this year - David, Scott, Natalie and Olivia. We must say an extra thank you to Natalie. After volunteering at the club for the last 6 years, Natalie is hanging up her 'ACE Fleece' for now as she has just started at University. She will be greatly missed by everyone at the club but we do hope she will be able to drop in and see us.



Thank you as well to all our club supporters whose support helps us to keep providing this wonderful activity.

## New RaceRunning Groups

*Two new RaceRunning Groups have recently started up, both with support from A.C.E. Pitreavie RaceRunning Group, Dunfermline, and Victoria Park, Scotstoun, Glasgow. Both are sub-groups of the athletic club based at those locations.*

## Parallel London 2016



In September, Parallel London, the world's first disability-led run for all abilities was held at Queen Elizabeth Olympic Park. 3,012 participants took part in 5 different push/run challenges including 7 RaceRunners - of which club member Gavin was one. He signed up for the 10km event with our coach David as his running buddy. Gavin's official time was 41 mins 30secs, which is pretty quick! David is the only person who could keep up with that pace!

## 'Give as you Live'

Do you ever shop online? then you can raise money for A.C.E. through 'Give as you Live' (at no extra cost to either you or the club). There are thousands of stores to choose from across all interests & categories. All you need to do is register with 'Give as you Live' and select 'A.C.E. RaceRunning Club' as your cause. Then anytime you shop, when logged in to 'Give as you Live', the club receives a small donation. These really add up over time. It's easy to use - just follow the link -

<http://www.giveasyoulive.com/join/ace-racerunning-club/ct50959>



*We look forward to next year .....Best Wishes from all at A.C.E.*