



Spring has sprung  
and it's time to  
get into running!

Hear from our special guest  
Nolan Tudor from the Tech Shop:

- ❖ Optimal running form
- ❖ Selecting appropriate running footwear



New ECA members receive 10% off shoes

Erlton Community Association Meeting  
**Tuesday 11th April, 7-9pm**  
**Repsol Sports Centre, Learning Room**  
(through gates – mention the Erlton Community  
Association meeting for access)

[www.erltoncommunity.com](http://www.erltoncommunity.com)