

# Edinburgh Marathon Festival February 2020 Update





### THIS IS FOR EVERYONE

Not ran before or not sure what EMF is about? No problem. Email us at <a href="mailto:bpsrunners@gmail.com">bpsrunners@gmail.com</a> and we can help. Everyone is welcome and can be part of Team BPS. The most important thing is taking part, supporting each other and having lots of fun on the way. We are here to make this easy and enjoyable.



#### **RACE READY**

Our Pilrig Park fun runs start on Sunday 29<sup>th</sup> March to get everyone feeling happy and confident before race day. Meeting at 10.30am each week, we play games, walk/run round the park and then hang out at the swing park. Families tell us it really helps and is a brilliant way to meet up. Good for when our busy lives don't always give us the time to chat and get to know each other.



#### **FREE PLACES**

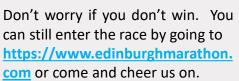


We know that it can be hard to find the time and the money for extras like EMF.

We want to help and are offering 14 FREE PLACES (funded by FAB-Friends at Broughton).

Just e-mail your child's name and the class they are in to <a href="mailto:bpsrunners@gmail.com">bpsrunners@gmail.com</a>
by Friday 7<sup>th</sup> February.

## WHAT ARE YOU WAITING FOR?



Huge thanks to all the children who have entered already. Once you register, let us know via e-mail at <a href="mailto:bpsrunners@gmail.com">bpsrunners@gmail.com</a>