

## Active Events

### Running

Glasgow Parkrun – a free timed 5km run in Pollock Park Glasgow. Weekly, Saturday 9.30am. See [www.parkrun.org.uk/glasgow](http://www.parkrun.org.uk/glasgow) for further details and registration.

#### **Sunday 6<sup>th</sup> September 2009**

Great Scottish Run (half marathon and 10k) Glasgow  
[www.runglasgow.org](http://www.runglasgow.org)

#### **Sunday 20<sup>th</sup> September 2009**

Barrhead 10k, 10.30am. Cowan Park, Glasgow.  
[www.barrhead10k.co.uk](http://www.barrhead10k.co.uk)

#### **Sunday 4<sup>th</sup> October 2009**

Big Fun Run, 11am. Bellahouston Park, Glasgow.

#### **Sunday 4<sup>th</sup> October 2009**

Baxters Loch Ness Marathon (also 10k & 5k races) Inverness.  
[www.lochnessmarathon.com](http://www.lochnessmarathon.com)

#### **Sunday 25 April 2010**

Virgin London Marathon

If you've been lucky enough to secure a place in the ballot for one of the best known marathon events in the world, why not raise sponsorship for Glasgow YWCA to give you added motivation.

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

#### **Saturday 9 January 2010**

Bupa Great Winter Run, Holyrood Park, Edinburgh

Start the new year with a challenge! 5K race for all abilities in beautiful surroundings of Scotland's capital city.

#### **May 2010**

Ignis Asset Management Glasgow Women's 10K

Here on our doorstep through the scenic south side of Glasgow, join the thousands of ladies that take part in this popular event each year. Open to women of all ages and abilities, why not take part with friends for motivation, and raise valuable funds for Glasgow YWCA!

[www.runglasgow.org/10k](http://www.runglasgow.org/10k)

## **Sunday 23 May 2010**

### Edinburgh Marathon

Run the full 26.2miles yourself, or split it with friends and take part in the Hairy Haggis Relay, in which the longest leg is 8miles and the shortest is about 5miles. Also, new for this year, there will be a half marathon event, starting and finishing in the same place as the marathon itself. Entries open on 1<sup>st</sup> September 2009 for all events.

[www.edinburgh-marathon.com](http://www.edinburgh-marathon.com)

### East Kilbride Half Marathon, June 2010

[www.ekhalfmarathon.co.uk](http://www.ekhalfmarathon.co.uk)

## **Walking**

An activity that almost everyone can take part in, families, colleagues and friends. You also get the benefit of some of Scotland's beautiful scenery, so what are you waiting for!?

Whether it's a mile or a munro you tackle, get your friends and family to sponsor you to raise funds for Glasgow YWCA. Better still, make it a family affair and set your own route for a sponsored walk, you could take a picnic and make it a day out.

Here are some links to information about different routes and walking festivals all over Scotland, to give you some inspiration!

### Walking Scotland

<http://walking.visitscotland.com/events>

### Ramblers

<http://www.ramblers.org.uk/info/events/diary.htm>

### Walking.org

<http://www.walking.org/walking-events>

## **Cycling**

Get on your bike to raise funds! A great way to get fit and travel around, and kind to the environment at the same time! Take part in an organised event and collect sponsorship or create your own route locally and charge entry fees for participants!

### Skyride Glasgow, 23<sup>rd</sup> August - 10am - 4pm

<http://new.britishcycling.org.uk/skyride/glasgow>

### Glasgow to Edinburgh 13<sup>th</sup> September

<http://www.pedalforscotland.org/>