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YOUR STORY
WITH US
WWW.INSPIREDTORUN.CO.UK

What's the story, running glory?

YOU GIVE US AN UPLIFTING RUNNING TALE, WE GIVE YOU FREE REEBOK RUNNING KIT. SOUND LIKE A FAIR ENOUGH DEAL TO YOU? THOUGHT SO. READ ON, GENTLEMEN...

Running isn't about winning races or escaping from the chavs in the kebab queue. It's about achieving personal goals. (And being able to escape from chavs.) Not to get too twee about it, but running can change people's lives. Maybe it has dramatically improved your health and quality of life, or maybe you raised a staggering amount of cash for a cause close to your heart.

Whether you were a wheezing chuffer who frankly used to get out of breath running a bath let alone 5k, or whether you are some kind of multi-marathon money-making masochist, we want to hear your joyous words of edification and inspiration. To that end, Reebok have set up www.inspiredtorun.co.uk in conjunction with *MH* and our fitness-based sibling titles *Runner's World* and *Zest*. This will be a forum for everyone who enjoys running to post their inspirational stories and to share their tips and tricks with others. "What about the free Reebok running kit you promised?" we hear you ask. Look in the box below for the answer – there's no room here.

Enter our competition

Everyone's a winner, baby, so long as you follow these instructions. Turn on your computer. Log on to www.inspiredtorun.co.uk. Submit a story that is both inspiring and about running. Receive a voucher entitling you to 10% off a pair of Reebok Premier trainers.

And there's more. Each month, a selection of the best, most inspirational posts will win the full Reebok monty of running vest, shorts and trainers and have their stories printed in *Men's Health*, *Runner's World* or *Zest*. The writer of the story that is adjudged the best of the best will win a grand prize of a training day, overnight stay and complete Reebok kit for them and four friends. They will train with top running coach Steve Barrett and Olympic god Darren Campbell at the City of Manchester Stadium where Campbell enjoyed his greatest career highlight at the Commonwealth Games. For terms and conditions and examples of stories, see the website.

"There's nothing to beat the feeling of running!"

ALAN GILCHRIST, 34, STUDYING FOR A PHD AT LANCASTER UNIVERSITY

With the pressures of work and laziness I gave up playing sport in my mid-twenties, but kidded myself that I was still pretty fit. My weight went up over 13 stone and I started to have smoking-induced asthma attacks. When I turned 30, I vowed to get fit. I read an article in *Men's Health* about a triathlete in his forties who used to smoke and drink heavily, so I thought I'd give that a go. I started slowly because I was so unfit but now I run pretty much every day and I'm competing in my first competitive triathlon this summer. I'm 34 now and down to 11.5 stone with a 32-inch waist again. It's so nice to relax about what I look like, but it's also really helped me focus mentally too. When you run, you're just taking some time out for yourself. I spend a lot of time in the Lake District and there is nothing to beat the feeling or the views that fell running in the Lakes gives you.

Got a similar story? Share yours with us at www.inspiredtorun.co.uk



HE WEARS: VEST, SHORTS AND PREMIER ROAD LITE III TRAINERS, ALL REEBOK (0800 305050). SHE WEARS: VEST, SHORTS AND PREMIER ROAD LITE III TRAINERS, ALL REEBOK (0800 305050)