

# Case Study



## Being a Run Leader: Tash's Story

### Background

I started running about 14 years ago and it all happened without any thought. I was caught in very heavy rain whilst walking a mile home after riding my horse, fully kitted up in winter riding kit I decided to run home! I got home and thought if I can run in my riding kit and boots then I can start running properly, I then decided to train for the Taunton Race for Life. I achieved this, and over the years I have ran numerous 5k's, 10k's, completed 9 triathlons and am now training for Brighton marathon. Even when I was pregnant I ran, then when my son was born I bought a three wheeler running buggy and took him with me. I have raised lots of money for cancer charities such as Race for Life, Fight Bladder Cancer, and Jo's Cervical Cancer Trust. Running is so good for you physically, as well as making you feel good, and allows you some time away from day to day stresses.

### Why I became a run leader

I love to motivate people, it feels so good to encourage others to get their kit on and run. I'm not fast or super fit, but I am passionate about my training so I decided to go the next level and help others achieve their goals. If I could be a running leader for a career I'd be even happier! So many women say things like 'I can't run', 'I don't want to run with men', 'I don't want to run in a group', 'I'll go tomorrow/next week' etc. that I thought a women's only group would really take off so I started 'Tash's Run for Fun' and I'm really proud of what I do.

### Leading sessions

There are so many positives about leading groups. I can see women building confidence, friendships, and gaining strength and fitness levels. My ladies know I love hills, and I love seeing them do lamppost training on a local hill; their determination is priceless.

*"Tash is amazing; she gives encouraging words to support me to carry on running and not give up, and allows us to go at our own pace".*

**Kim – Run for Fun Group Member**



*"I had never run in a group before and Tash has been so fabulous. I was instantly made to feel welcome and my nerves were gently calmed and my first run was completed. Since then Tash has been a constant source of encouragement and enthusiasm which is helping me stay motivated and proud of my running achievements".*

**Rachel – Run for Fun Group Member**