

Hello my name is Michael Ginsberg

After relocating the whole family from Guildford to find a new, less stressful, life in Sidmouth, I wanted to lose weight and exercise to improve my health and well being.

It had been a long time since I did any running but Sidmouth Running Club were offering a beginners' course and I thought it would be a good way to meet people as well as getting fit.

There was no pressure and plenty of support for the new members with a structured programme building slowly up to doing a three mile run. When I began, three miles seemed like an impossible goal but it is amazing how quickly short runs develop into longer ones and there was so much encouragement running with other people of all abilities. It really helped me to run with fellow "newbies".

The club do other courses for more experienced runners wanting to get back into running but the beginners' course was ideal for me.

I now enjoy running two or three times a week with the club. They are a friendly and welcoming group of people of all abilities and the main thing for me is that I have never felt like I would be left behind. There really is a place for everyone including complete beginners up to very experienced and ultra distance runners. Everyone is valued and I have really enjoyed that.

The running programme has also given me the chance to explore the spectacular local countryside, both on and off road. Every run is different and I have discovered beautiful places which many of us, even the seasoned locals, had not seen before.

My wife has recently joined the club too and she is enjoying it as much as me. Our objective is to continue running for the long term. We have no ambitions to be the fastest but we have completed the Tipton St John 10k and the Sidbury Fun Run and are planning to participate in other local events with fellow club members.

If anyone is thinking of improving their health or taking running further, I would encourage them to give Sidmouth Running Club a go.