

VOTE DANI

FOR **RUNNING CAPTAIN**

Hi everyone! I'm Dani 🙌

Last year I was **Cycle Captain** for Medics Triathlon and loved every minute of it.

This year I want to lead another (*non-swim* 🦉) discipline, so I can meet more of you, put on more great events, and have company on the Wednesday and Saturday runs 😊

WHAT I'LL BRING



Runs for every level

Pace groups on Wednesday and Saturday runs, so nobody gets left behind and the speedy ones still get pushed.



Something to aim for

Group parkruns and local race entries, plus a goal each term, from a 5K PB push to a social half-marathon.



Socials after the suffering

Post-run coffee and brunch, because the run is only half the fun.



A captain who's been there

A year leading a discipline taught me how to plan sessions, keep people coming back and keep it fun.



🚴 Last year's Cycle Captain



🏅 Medal secured

VOTE DANI



From first-time joggers to marathon chasers, everyone belongs on our runs.

Running Captain · Medics Triathlon
Catch me in Ethos 🏠