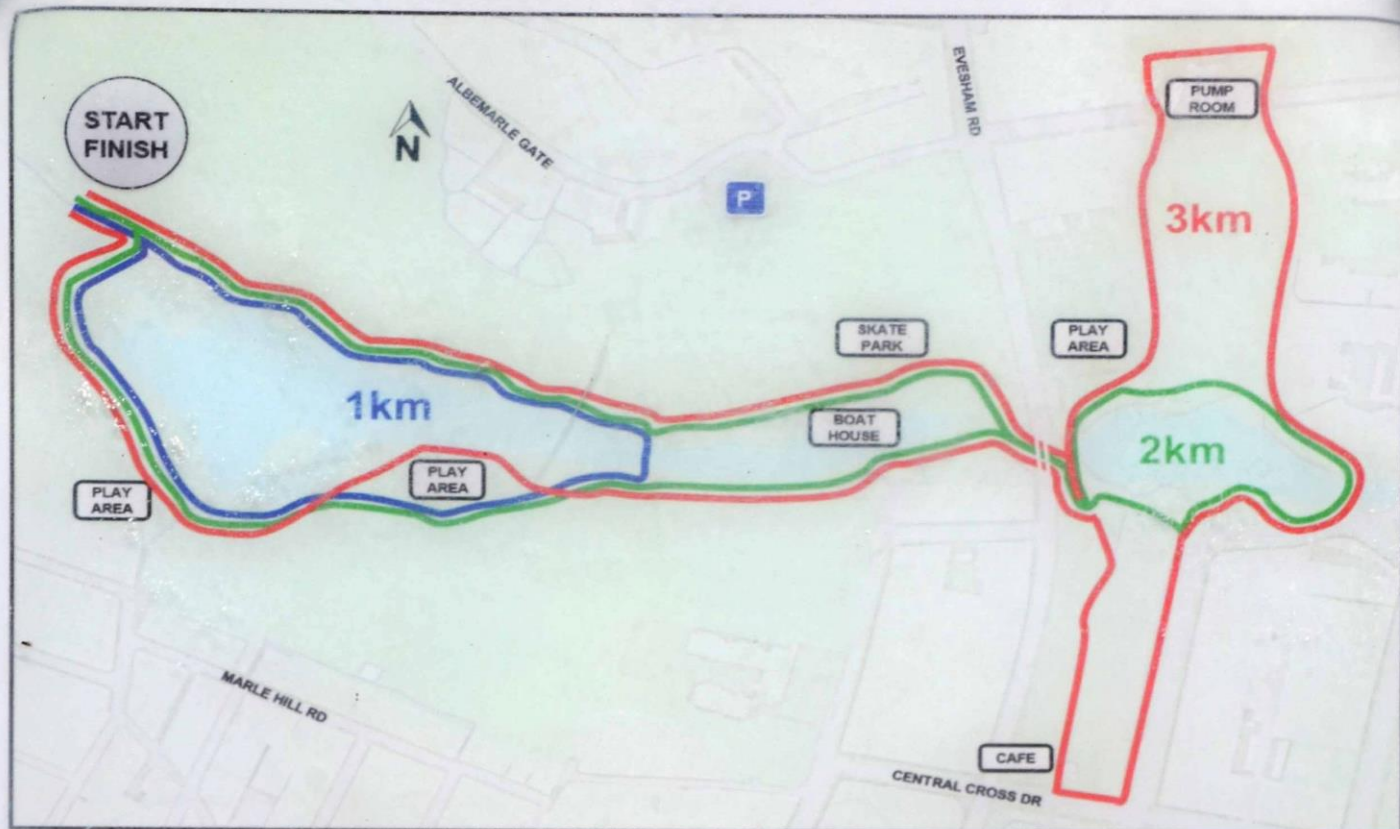


# PITTVILLE PARK 3-2-1 ROUTE



The Pittville 3-2-1 route is a permanently marked running route inspired by Run England and Cheltenham Borough Council.

There are three routes that you can walk, jog or push for 1km, 2km and/ or 3 km, all on pathways, with no road crossings. Each route is delineated with coloured round disc markers embedded in the path.

Why not time your route, which will enable you to know -

- \* When you have done well
- \* If you are getting better

And will -

- \* Encourage you to keep running
- \* Encourage you to improve

Why not run with a friend?

Some top tips for doing the 3-2-1 Pittville Park route

1. Find other like-minded people to run the 3-2-1 route with you
2. Contact us to find who else runs 3-2-1 routes.
3. Be aware of the environment around you such as other park users/ bikes and dogs.
4. If wearing headphones – constantly scan for obstacles or hazards
5. The Evesham road tunnel linking the 2 sides of the park has a low ceiling in places

3-2-1 was set-up by Run England to enable people to know the distance they are running [www.runengland.org](http://www.runengland.org). You can search for other local routes via the Run England website. This particular 3-2-1 route was designed in conjunction with a number of local fitness providers, Cheltenham Borough Council and Run England. Find out other ways to keep fit at [www.cheltenham.gov.uk/heathlyliving](http://www.cheltenham.gov.uk/heathlyliving)