



COACH NAME

Clare Greenwood

TYPE OF ACTIVITY

Running

LOCATION

Walney Island, Barrow in Furness

COACHING DETAILS

Run leader at the Walney Wind
Cheetah Cubs Running Group

*"Keep it simple,
keep it fun and
keep it family
based!"*

#PassOnYourPassion

Coaching Story

I retired from teaching in 2012 and took up running to keep fit and make new friends. Soon after, I jumped at the opportunity to take the Leadership in Running Fitness (LIRF) training and once qualified was asked to work with girls aged 14 - 16 who were not really motivated by sport.

It quickly became apparent that there were many boys, and many younger children keen to join us. The Walney Wind Cheetah Cubs Running Group has evolved into a very successful family running group. Our basic requirement is that the children are accompanied



Running the Biggar Bank Beach path

Be part of it!

by a responsible running adult ~ parent, grandparent, other relative or family friend ~ all are welcome! Every Monday and Wednesday, from Easter to October, we run along the beautiful Biggar Bank Beach path on Walney Island, with regular walking breaks and lots of looping so the faster runners never leave the slower ones behind. 10 minutes of fun running games breaks up the session and we finish with cool down stretches.



Coaching the Cubs

Why are you passionate about Coaching?

My philosophy is that exercise and fitness is ideally a family activity: if children see their parents being active, laughing and playing games, they will accept this as the norm and become fitter, stronger and generally more active. This year we have around 30 children, aged from 4 to teens, who run regularly with us, plus others who come occasionally. Most of the families have also become keen parkrunners, and many of the parents have now run 10k races and half marathons.

Do you have any tips that would help the next generation of female coaches?

Keep it simple, keep it fun and keep it family based!

Who are you passing the baton onto?

I am passing the baton onto Kirsten Johnson, one of the young mums who run regularly with the Cubs. Kirsten brings her 5 year old to the group along with her youngest child, still under a year old. She pushes him in a running buggy at the children's sessions, with the adult running group and at parkrun. I feel that Kirsten has a great attitude, expecting her children to take part and to do their best while having lots of fun in the company of other families and children of all ages.



Family based activity is key!

Be part of it!