



## Hêbê Cool Runnings 2018/2019 Runners' File



## General description

The Hêbê Cool Runnings fitness programme is a Hêbê project with two main goals:

- provide a regular fitness training with a professional coach
- develop a group of Hêbê Cool Runners to enter races in Brussels, Belgium and beyond



To get an impression of our trainings, check out our [video](#).

## Training Calendar

The year runs from March to March, based on when the clocks change. The summer season runs from March to July and the winter season from September to March.

HCR offers weekly outdoors trainings throughout the year. Sessions take place on Tuesday evenings at 7pm and on Saturday mornings at 11am. The training schedule is available [online](#). To confirm your participation to sessions, please fill in the [HCR Training Doodle](#).

## Locations

The meeting point on Tuesdays is usually the athletics track of the Parc du Cinquantenaire.

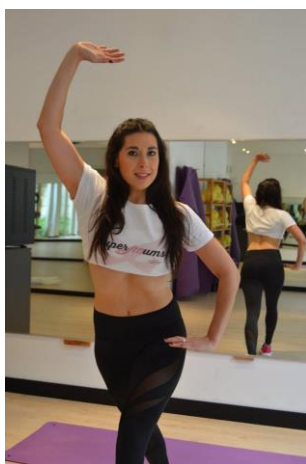
The meeting point on Saturdays is usually the Born to Move Cabinet, Rue de Belle-Vue 20 – 1050 Ixelles.

Other locations possible too.

An email is sent out every week to all participants to confirm the time & place of the training.

## Our Coaches

Each session is managed by a professional coach. The lead coach is Frédéric Desse from Born to Move, supported by Beatriz Romo from SuperMums Belgium and Leyi.



### About Born To Move

Born to Move is a specialised medical cabinet in sports, fitness and recovering from sports injuries. Being part of Hêbê Cool Runnings allows you to have a free session at the Born to Move cabinet, where the specialists will perform a maximal exercise test and a postural assessment.





Website: [www.born-to-move.eu](http://www.born-to-move.eu)

### About SuperMums

The SuperMums program is focused on your pelvic floor health. From preparing you to give birth and reduce pregnancy-related pains to enabling you to slowly get back to exercising and recuperating your figure, our sessions revolve around the Low Pressure Fitness hypopressive exercises.

Website: <https://supermums.be/>

### Participation Fees 2018/2019

	Forrest Gump Fee	Cool Weasel Fee		Pay-as-you-Run
<b>Description</b>				
	You only feel cool when you run.	You change with the seasons. Sometimes you run, sometimes you don't.		You run sporadically.
<b>Programme</b>	Weekly outdoors training programme. Professional coach for every session.			
<b>What's included</b>	<ul style="list-style-type: none"> <li>- Full access to all training sessions throughout the year</li> <li>- 2 social events</li> <li>- Minimum 30 sessions guaranteed</li> </ul>	<ul style="list-style-type: none"> <li>- Access to all training sessions within a season.</li> <li>- 1 Social Event</li> <li>- Minimum 15 sessions guaranteed</li> </ul>		Every 2 months, you pay for the number of sessions you took part it.
<b>Period</b>	25/03/18 – 30/03/19	<u>Summer season:</u> 25/03/18 – 31/07/18 <u>Winter season:</u> 11/09/18 – 30/03/19		N/A
<b>Price</b>	<b>60€*</b>	<b>40€*</b>		<b>5€ / per person / per session</b>
<b>Payments</b>	Payments should be made to Hêbê Asbl on the following account:  <b>IBAN: BE 22 0015 5041 3947</b> <b>BIC: GEBABEBB</b>			
<b>Communication</b>	HCR FGF “your name”	HCR CWF “your name”		HCR “your name”

*\*Special reduced price for 2018/2019*

To share information about upcoming races and meet with the community, you can join the [Facebook Group](#).

To join other runners in races, check the [HCR Races Doodle](#). You can also suggest races to the HCR team to find other people to run with.

### **Hêbê Cool Runnings Team**

The Team is composed of one volunteer: Jean-Paul Judson.

If you would like to join the team to develop Hêbê Cool Runnings, please send us an email at: [running@hebe.eu](mailto:running@hebe.eu)

### **Insurance**

Hêbê does not offer any insurance to the participants of the Hêbê Cool Runnings project. All participants should ensure they are covered for any sports accidents or injuries by their own private insurer.

### **About Hêbê**

Hêbê is a Belgian Asbl headquartered in Brussels. It also operates the Hêbê League.

The Hêbê Board is composed of: David Garlot as President, Jean-Paul Judson as Secretary-General, Michelle Ryan as Treasurer, Victoria Henderson and John Nganga.

Take a look at our activities on the website: [www.hebe.eu](http://www.hebe.eu).