



Dunnes The Premier House

are proud to support the Kells Pink Ribbon Walk newsletter. Visit our store in Cross Street, Kells and indulge your passion for fashion.

Welcome to the second edition of the **Kells Pink Ribbon Walk** newsletter. All paid up entrants should now have received their unique t-shirt and sponsorship card – or it is winging its way to you. We have been overwhelmed with the demand, so thank you!

Training tips from Personal Trainer Liam Newman

1. If you haven't done any exercise in a while, please check with your GP before starting your training programme.
2. I would strongly suggest that you invest in a good, comfortable pair of runners and make sure they're well broken in before the day of the race. And wear comfortable clothes in breathable material when you're walking or running.
3. A 10km walk will take 90 minutes, on average. Set aside at least three sessions per week to start with, walking for 20 minutes at a time.
4. Some variety in training types and venues is always a good idea. Any why not buddy up with somebody of the same level of fitness or pace and arrange days and venues in advance?
5. Always warm up before and after you walk. You can find warm up exercises, a beginner's walking schedule and a running schedule on the [Pink Ribbon Walk training section](#).
6. Don't forget to drink plenty of water to hydrate your body.

Propét Shoes sponsorship

We are delighted to welcome Propét Shoes on board as our new sponsors. Propét Shoes offer quality and comfort, whilst still giving excellent value for money. Their range has been primarily for women but they have recently extended it to include men's styles too. [Propét Shoes are available in a number of local stockists](#).

Come see us at Moynalty Steam Threshing!

We're looking forward to Moynalty Steam Threshing on Sunday, 8th August. We'll have a stall there where you can buy Pink Ribbon Walk t-shirts and bumper stickers, pick up registration forms for friends and family and help us publicise the Walk by taking some posters and flyers to distribute in your area.

Share your story

We're still looking for volunteers for our ongoing media campaign to publicise the Walk. If you would like to share a personal story as to why you're getting involved, then do let us know.

[Visit our website](#) for more information and regular updates on the Pink Ribbon Walk. And if you have any comments, suggestions and feedback, please email us on info@pinkribbonwalk.ie

In the meantime, best of luck with your training!

Linda
Kells Pink Ribbon Walk Committee