SJ Ladies Running

'Why I Run' - Ruksar Pirbhai

Ruksar has always enjoyed running and has been an active runner for the last six months. She joined SJ Ladies Running since its launch in July and has been dedicated since the very first day in attending the weekly group runs in Harrow and Watford. Ruksar aims to accomplish the 'couch to 5k' programme and train alongside the inspirational SJ Running coordinators to take on the challenge of completing the half marathon and marathon in the future.

Here is what Ruksar has to say about her experience with SJ Running...

In our busy daily lives, we cannot have it all and we have to make choices, but with whatever work constraints you may have, you can still run. I feel that this is one of the biggest advantages of running, for women who are working or have children and don't belong to a gym or attend workout classes. Running is the best workout for me as it is the one that I will actually do.

When I first started running, I didn't think about why I ran. I wanted to lose some weight and alongside my Pilates classes I just ran. Truth be told, I didn't feel good while I was running but I always felt refreshed after running. However, over the months as I have matured as a runner, the rhythm and discipline of running has allowed me to concentrate, to be present in the here and now moment and focus on my breathing. Running is meditation for me where it allows me to let go of all the distractions and stressors of everyday life and free my mind.

The launch of SJ Ladies Running has empowered and truly inspired women from our community. The SJ Running Coordinators are friendly, approachable, encouraging and motivate you to push yourself to your level best at every group run. Everyone is welcome to join, regardless of whether you are a complete beginner, or a marathon runner and the coordinators take the run at your own pace.

I would highly recommend SJ Ladies Running to anyone who is interested or in two minds about taking up running, to come along to one of the sessions and give it a go.

I look forward to seeing you at our SJ Ladies Running sessions!