



Diamond Creek Runners is a new running club and has nearly 200 members, including Frank Palermo, Toni Keywood, Sarah Gale and Kim Mitchell.

Picture: JOSIE HAYDEN

Cheer squad does trick

JUMPING off the couch and going for a run is easier said than done, especially after a long day at work, chasing after the kids or both.

But Nikki Waterfall has created a recreational running club to encourage more people to hit the pavement.

Diamond Creek Runners launched in August and is holding three sessions per week at Marngrook Oval for more than 160 people.

The club's program will kick off in February with the

aim to train beginners into competent 5km runners in nine weeks.

"We've seen incredible progress. One pair could not run 5km when they started and they're now doing a 10km event this February," Ms Waterfall said.

Ms Waterfall said the club provided great support to all participants with various running abilities.

"Everyone needs a cheer squad. We don't hesitate to say to kids, come on, you can

do it, but when it comes to adults we have this fear of being condescending," she said.

"People are spurred on when someone is pushing them to be their best.

"Everyone needs a cheer squad and that's what we are."

Sessions run on Tuesday and Thursday at 7pm and Sunday at 8am. Memberships costs \$25 per year.

Details: diamondcreekrunners.org.au