

hebe
cool runnings



MEMBERSHIP FILE

WHO WE ARE

HEBE Cool Runnings is the HEBE running and fitness project. It is open to all levels, all ages and all objectives: getting fit, staying fit or optimising your running performances.

Membership

Membership includes:

- Weekly coaching sessions with different coaches, on Saturdays at 11am
- A group run every two weeks, led by our very own runners, on Tuesdays at 7pm
- Group registration to races in Belgium
- Social events
- A friendly atmosphere

HCR offers a flexible monthly membership fee at 10€ / month, from September to June. You can opt-in or opt-out according to your availability, directly via the HEBE Sports website: www.hebe.eu/running



OUR TRAINING SESSIONS

Coaching calendar

A calendar with the upcoming coaching sessions is available on the HEBE Sports website, indicating the type of training that will be provided. Every week, an email is sent out to all members to confirm the time & place of the coaching session, and members are asked to confirm their availability.

Training locations

Locations vary but are always within a short distance of public transport in Brussels. Typical locations would include: athletics track of the Parc du Cinquantenaire, Abbaye de la Cambre, Bois de la Cambre...

What does a coaching session look like?

- Each session is limited to 15 people.
- Average duration: 60-70 minutes
- We provide a variety of coaching sessions to suit everybody's preferences.
- Each session is advertised in advance with the profile type of every coach (running technique, stamina, interval training, general fitness, HIIT training, functional training etc...)
- Each session will accommodate for all levels of fitness, speed or stamina.

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



OUR TRAINING SESSIONS



Our coaches

- Matthieu Overtus : Running
- Leyi Piluka: Running | Fisio-training
- Steve Van Den Broek : HiiT
- Anais Mpoto : Running
- Patrick Theys : Running

Group runs

A calendar with the upcoming coaching sessions is available on the HEBE Sports website, indicating the point of departure, the route and the average speed. Section to be completed also for the website.

HCR Team

HCR is managed by Xaviera Medina, supported by Jean-Paul Judson. If you wish to volunteer to help develop the project, please contact us through the functional mailbox.

ABOUT HEBE SPORTS

What is HEBE Sports?

Since 2008, HEBE develops sports activities in Brussels where men and women are on the same team. HEBE is passionate about mixed-gender sports, providing a novel, exciting and convivial experience of the sports we love.

In addition to HEBE COOL RUNNINGS, we also run the HEBE League (an indoors football league) and a badminton club (HEBE BADMINTON ALL STARS).

To know more about HEBE Sports, you can consult our website: www.hebe.eu

Who is behind HEBE Sports?

HEBE is an asbl based in Brussels. Like for every association, HEBE has a General Assembly and a Board. The Board is composed of 3 people: David Garlot, as President; Jean-Paul Judson, as Secretary General; Xaviera Medina as Treasurer.

The General Assembly is composed of 10 people: the Board: Aurélie Kisylyczko, Miguel Girao, Spyros Afentoulidis, Abdel Guassim, Florian Katzgraber, Guillaume Bischof, Heritiana Ranaivoison.

How can I be part of the HEBE General Assembly?

Any participant to a HEBE project (i.e. any member of HEBE Cool Runnings) can become a member of the HEBE General Assembly, and help us shape the future of this association in mixed-gender sports. All you have to do is fill in the application form [here](#).



OUR SOCIAL NETWORK



Find us as [@hebeasbl](https://www.instagram.com/hebeasbl)
#hebecoolrunners #hebesports



Find us like [@hebe.asbl](https://www.facebook.com/hebe.asbl) &
Join our **Private Group**
[Hebe Cool Runnings](https://www.facebook.com/groups/hebecoolrunners)
#hebecoolrunners
#hebesports



Join our community of
runners in **Strava** and
participate in our
challenges: **HEBE Cool**
Runnings



LET'S TALK

Are you curious about our training sessions?
Drop us an email or a WhatsApp message and we will contact you soon:



hebe.coolrunnings@gmail.com



+32 479097232
Or join our **[WhatsApp group](#)**



www.hebe.eu

