

## ETIQUETTE FOR RUNNING WITH OUR CLUB

Running at a club training session is a totally different experience to running alone or racing. Here a few guidelines to bear in mind to ensure that the experience is a pleasant one for all involved

1. Run as a group. This may sound simple and obvious but it is amazing the amount of times that people don't. Join a group that runs at roughly your pace and stay in it. If it is too fast or too slow, change groups at the next session.
2. Don't be afraid to ask group leaders how long and how far. Slower groups tend to run roughly 5 miles in an hour, intermediate groups 5.5 – 6.5 miles in an hour and faster groups 7 miles plus in an hour.
3. If you are struggling or not feeling 100% let the group leaders know, then they can make arrangements to support your safe return to the Vagrants.
4. If you want to drop down a group for an easier paced run, remember to run at that group's pace. Do not lead the group or run with the front runners as this will invariably push the pace.
5. Do regular turn-backs to keep the group together. You won't all be able to run at the same pace every week so turn-backs are a good way of ensuring that no-one gets left behind. Remember, nobody comes to a club session to run on their own! Proper turn-backs involve running back to behind the last runner in your group, not just waiting for them to catch up while you have a rest. Plus you get the additional benefit of a little bit extra mileage!
6. Don't go speeding off the front of your group. If you are regularly running off the front of your group then it is time to move up to the next one. Similarly if you are always being dropped by your group, consider moving down one until your speed or endurance improves.

**6. ENJOY IT!**