



## **SRC Runners Expectations**

The Stonehaven Running Club aspires to let people put that little extra in to get more from themselves. We welcome runners of all abilities, and offer a friendly environment, where people can run for fun, fitness or competition. The coaches' responsibility is to help individuals attain their own goals where running is concerned. There are a number of coaches and together they try to plan a varied programme of sessions for you to choose from:

- Hill sessions (where a number of repetitions are done on hills – either short or long hill repetitions)
- Tempo runs (a long even tempo run where the individual runs at a pace slightly over their normal comfort zone)
- Speed sessions (fast, short repetitions with recovery time in between)
- Moonlight runs (in the winter months in the dark at a time nearest the full moon normally in the country – head torches are necessary)
- Long slow runs (normally in preparation for half marathon or full marathons)
- Trail runs (normally between 4 and 8 miles)
- Ad-hoc training (e.g. endurance training or long runs for ultra)

Details of all sessions and when they take place will normally be available on the SRC website at [www.stonehavenrunningclub.co.uk](http://www.stonehavenrunningclub.co.uk) , in addition when you become a member you will automatically be added to the club membership list for emails where information is sent to you.

### **What SRC asks you to do as a Runner:**

- Safety is of paramount importance; each member is expected to take responsibility for their own safety and act accordingly, although members are expected to concern themselves with the safety of others and take immediate action if they believe a fellow member to be at risk.
- Wear something white, bright or fluorescent so you can be seen.
- Make sure you know where the run is going.
- Always run with a group of at least one other person.
- Use pavements wherever possible and when waiting for other group members be aware of the public who also use pavements.
- If you start a session then have to leave early then always let the leader know as they will do a head count at the start of a session.
- SRC tries to cater for runners of various abilities and coaches will normally set a minimum and a maximum route. Please try to keep within your ability and be



aware that other runners may become cold if they are waiting around too long for everyone to finish.

- On your very first session please talk to the leader and let them know your abilities.

### **Injury Prevention**

- Try not to get carried away with the competitive element of the club in the first few sessions, the easiest and most prolonged injuries are those caused by doing too much too soon.
- To prevent injuries SRC advocate a warm up at the start of the session followed by cool down and stretching at the end.
- Warm up is normally a brisk walk (to end of Beach Road), followed by a short very easy jog (to tennis court), then easy jog to start of session.
- Cool down is normally a minimum of (from finish point) easy jog (to tennis court) then brisk walk to finish (leisure centre).
- SRC will try to provide communal stretching at the end but this isn't always possible – please remember to stretch on your own if not.

### **Membership**

- Membership runs from 1<sup>st</sup> April to the end of March.
- Membership forms can be downloaded from the website or an online form completed. Payments can also be made online if you have a Paypal account.
- SRC are happy for you to try a few sessions before you commit.
- SRC do not charge for any of the training sessions and coaches give their time free of charge. The annual membership fee covers the clubs insurance commitments, training fees for coaches, hire of rooms and other incidentals as necessary.