

BLACKBURN

Road Runners

NEW MEMBER WELCOME PACK

Dear new member,

Welcome and congratulations on choosing Blackburn Road Runners as your running club. We are an active, friendly team made up of runners of a wide range of ages and abilities. The club was originally founded in 1986 and currently has over 340 members.

The main aim of our club is the promotion of running in the Blackburn area, whether it be for competition or just to keep fit and active. We offer mentoring, companionship, encouragement and advice to all runners at any level as long as you are able to run a minimum of 3 miles. We cater for individuals who are looking to improve their general fitness or participate and compete in road running, cross-country & trail running, fell & hill running and relay races - from 5k to ultramarathon distance. Our social activities are superb and the envy of other clubs.

Our membership demographic is wide and varied and we do our utmost to be inclusive. You will no doubt build a network of friendship and support that will extend beyond running and last a lifetime. We have members with a wide range of professional and personal skills, from massage therapists to builders, hairdressers to estate agents. We encourage you to get to know your running buddies.

Thank you for taking the time to read through and familiarise yourself with the important information laid out in this pack. I look forward to you becoming part of our team and hope you enjoy all the benefits that come with a BRR membership.

SUSAN WOLSTENHOLME

Chairperson

Club Runs

Club Night is every Wednesday when members meet at 6.50pm for a 7.00pm start at Witton Park. There are various organised pace groups to suit your ability based on your minutes per mile pace (for example, Pace Group 7 is for runners doing 7:00-7:30 min/mi, 9.5 for 9:30-10:00 min/mi etc. but these are announced on the night.) We tend to run approximately 5-7 miles. Afterwards we go straight for well-earned refreshments at Cherry Tree Cricket Club off Preston Old Road (£1.50 donation for sandwiches etc.) All welcome.

There are 'Open Runs' every Monday (6.50pm for 7pm) meeting near the entrance to Witton Arena, again 5-7 miles on an organised route. Longer runs (on and off-road) are organised by John Hannan & Dave Short on Saturday mornings at 9am from various pre-planned starting points depending on the route. Check the 'Dave & John Half Marathon' Facebook page for details. Prospective-members and guests of members are welcomed on these Open Runs.

Events & Social

Every now and again, we meet at a different venue for a 'Run and Eat', this is usually a pub in an attractive, rural setting. If you intend to join us for a run, it is always advisable to check where we are meeting via our Facebook page or website (see Information Guide section.) During the year, members of the committee organise a Summer and a Winter calendar, including regular training (to suit your pace), speed & interval sessions, social events & excursions and, of course, races. In June we compete as a team in the Bradford Millenium Relay. We also organise an annual Guesstimator, where runners form teams and run to various landmarks in the shortest route/time possible and back to the checkpoint. Another favourite is our Handicap race where individual competitors start at a given time, calculated using your best race times, with the aim of levelling the playing field between the faster and slower members and theoretically allowing you to cross the finish line at the same time as anyone else. (Slowest start first, fastest are time-handicapped.) Prizes are awarded.

Attendance

We have members near and far but all contribute something to the club. Your attendance plays a massive part in keeping runs interesting, fun and motivating for all. If you are not injured or otherwise committed please make the effort to run. If you are out injured you are also welcome to come and support, especially on race days and social events. We need you!

Expectations & Ethos

Everybody adds something and we want you to get involved. A newsletter is produced weekly and sent out to members by email via Membermojo. You are part of the club community and are encouraged to send us accounts of your personal achievements, photos and write-ups to share and motivate other members and yourself. Mentoring others will be something that comes with experience, but while you are settling in, others may offer you friendly support and advice. We have a formal 'Members Code of Conduct' form which each new member must tick to agree when registering on Membermojo. (See full list below.)

Training Etiquette

Staying injury-free is one of the most important things you can do for yourself as a runner and of course for your participation as a member of the club. There are many do's and don'ts and most of them are common-sense, for example not increasing your highest mileage by more than 1 mile per week or not running the day after a race, but you will come to learn these over time. If you are unsure of how to choose the right footwear, or how to effectively plan to run a half-marathon, we have many experienced runners on hand at any time, either in person or on our Members Discussion page on Facebook. Ask the question and try to take the best advice.

You may already be familiar with the run-back and re-group system we use during training but, if not, it will be explained here:

Each paced-group has a run leader. He or she should have a good idea of the route you will take and the mileage involved. It is expected that each runner will allow the back runners in the group to keep in close-proximity with the rest of the group and we do this by periodically turning around (following the front-runner) and looping back past the last runner. This is a good way to increase your mileage and keep the team spirit going. If you feel unable to do this then it is expected you will wait at the turning point until everyone has arrived and is comfortable to continue. You will get to know whether or not it is the right pace group for you after a run or two. Use your own judgement and if you feel you are too fast or too slow for a group, move up or down a group accordingly.

Health and Safety

During the Summer months we train in the park and out on the roads. These are the times we are more likely to encounter other users of the paths we run on. Please be respectful of pedestrians, drivers and other runners, especially when overtaking in large groups or running on roads with no pavements. Communicating effectively is appreciated, especially when approaching hazards or looking out for runners who may have fallen behind. Make sure you know who your group leader is - they will be experienced in dealing with unusual situations.

In the Winter months, we tend to stick to street-lit routes where the hazards change slightly. It is imperative that hi-visibility and/or reflective clothing is worn after twilight. The more visible you are, the safer it is for everyone. LED bands are also recommended. Drivers need to be able to see you, as do your fellow group members should you fall behind. Stick to well-lit pavements where possible to avoid injury. Timing devices should be checked visually only when safe to do so. Wearing headphones on BRR runs is not allowed - it is not only seen as unsociable but also potentially hazardous when instructions or warnings are being communicated. If you are confronted by any anti-social or abusive behaviour, try not to get drawn-in and refer it to your group leader to deal with and report back to a committee member so we can make others aware or take further action. Safety first.

We welcome members with dogs but please keep them close to you so they don't get trampled on or become a trip hazard to other runners. Hi-vis accessories are always a good idea, day or night.

If you hear a double beep on a car horn whilst out running, chances are it's another member honking in support so don't be afraid to give a little wave of acknowledgement.

Racing Protocol

We like to represent ourselves wearing the BRR vest and other BRR branded attire (Sweatshirts, t-shirts, hoodies etc.) Always keep in mind that you are representing your club when wearing it. Please note, if you are running an official race representing BRR (ie you have used your EA number when booking) it is essential that you wear the club vest, not t-shirts or training tops, to conform to EA rules. We are well-renowned for being a friendly club and so we like to keep the ethos of helping keep others going by treating all runners, not just team-mates, with the same degree of friendship and encouragement that we do in training, during races. Under no circumstances should members attempt to run any race in another person's name unless a name-change has been officially agreed by the relevant race organisers. Nor should members encourage others to run in their name if, for whatever reason, they can't make it. It not only invalidates indemnity insurance, it also unfairly skews race results and is strictly against England Athletics rules. The club will impose sanctions if this is disregarded. (See also 'Members Code of Conduct')

Booking Races

There are a few websites listing possible races to book (for example runningdiary.com, [bookitzone](http://bookitzone.com) and [northerrunningguide](http://northerrunningguide.com).) When you've chosen and booked your race, you need to enter it on the Championship/Results Portal. All upcoming races should be listed here: <http://results.blackburnroadrunners.net/events/>

Login, visit the Events page and click 'I'm Going' on those races you've entered. This is for you to keep track of your bookings and also to give others an idea which members are taking part. Should you find a race missing from the list, please email: results@blackburnroadrunners.net to notify us to add them to the Portal list. Once verified as an eligible Club Championship race, the event will be added for everyone to use.

Club Championship

For those of a competitive nature, we have a Club Championship. Your results are graded as a percentage against the world's fastest runners according to World Masters Athletics (WMA) Standards, using gender and age and used to determine who our Best and Fastest runners are. (See sample.) Winners are announced at our Annual Awards Presentation Night.

The Championship is calculated using your best 3 results from any 5 races entered on the club portal at these core distance: 5km, 10km, 10 Mile, Half Marathon and Full Marathons. As well as the Club Championship, we also issue personal certificates for hitting the various levels as per the age graded tables, which are Copper (50%+) Bronze (60%+) Silver (65%+) Gold (70%+) and Diamond (80%+). Full details are available on request from Jane Matthewman or Ashley Weir.

How to Enter Your Race Results

Once you have run your race, check your official time and then log in to the Portal. Click on 'Events' tab/Find the race/Choose 'I ran this' or 'Add Result'/Enter your time and position.

IMPORTANT - For accuracy and fairness, please ensure that only your Official Result time is entered here, NOT your personally recorded time using Garmin/Tom Tom/Strava etc.

Second Claim & Social Memberships

As there is no England Athletics affiliation fee included in this membership, the fee is £10 per year. This entitles members to join in our organised social events. Second Claim members are not entitled to run on Wednesday Club Nights or compete for our Club Championship, but of course are welcome on Open Runs.

Runner of the Month and Member of the Month

You are invited each month to nominate both a 'Member of the Month' and a 'Runner of the Month' for someone you feel has helped or impressed you or gone that extra mile (email chairperson@blackburnroadrunners.net.) There is an Annual Awards Presentation Night in March.

Annual Winter Warmer

Each year we organise the Winter Warmer 10k race starting and finishing on the athletics track at Witton Park. This is open to the public, although BRR members are not permitted to run on this occasion. If you have booked on the race before joining, you will be given a full refund. It is a major fundraising event for us so we need all hands on deck and ask you to help marshal, pace or volunteer in some way depending on your particular strengths and skills. You are encouraged to promote the event wherever possible.

Volunteering & Marshalling

Volunteering plays a big part in club life. It can be rewarding for you personally, especially through periods of injury or recovery, and is a great team-building activity. We have strong links with Blackburn GroupRun who have been a feeder channel for lots of our members. In turn, we endeavour to provide support volunteering on Couch to 5k & Progression plans and marshalling on their Celebration Runs.

Occasionally, we are asked by other race organisers, charities and local authorities to help marshal events. Quite often we will ask for you to volunteer, in whatever way you can, to help. This is vital to raise club funds which are then used to subsidise our own activities, so we ask you please to get involved. When you represent the club you are, of course, asked to behave appropriately, wear the right clothing and project the club in a positive way wherever possible.

BRR Club Kit & Merchandise

Official club vests, which must be worn at official races, must be purchased via the club kit co-ordinator, Lisa Ingham. We periodically update the BRR website so you can see BRR branded items of kit that are available or you can check on the weekly newsletter. Once you have chosen and paid for your items for purchase on the website, they will be posted out to you. Other branded club merchandise, including vests, caps, buffs, mugs etc. can be ordered from our stock and collected by arrangement at Cherry Tree CC on Club Night. Enquiries can be directed by Facebook or email to Lisa Ingham - clubkit@blackburnroadrunners.net.

Social Media

We try keep members up-to-date on social media via Facebook, Twitter, the official Blackburn Road Runners website, Membermojo and a weekly newsletter directly to your inbox. (See addresses in the 'Information Guide/References' section below.)

There are two main Facebook pages which we use to communicate exclusively with members. Firstly, the Information page, which is a place for Committee members to post important news and information on BRR matters. You can comment on posts but not create your own here. If you don't wish to participate in discussions or receive lots of notifications, this may be your preferred option. Secondly, the Discussion page, where you can post anything running related or ask for help, advice, recommendations etc. We love banter but please be respectful to each other at all times.

Fees & Finance

Blackburn Road Runners is affiliated with England Athletics. In order that a runner can train with an athletic club, and ultimately compete for them, they must be a member of that club. Non-members/prospective members are able to attend Club nights for a maximum of one month, following which an application for membership must be completed and subscriptions paid. Before membership can be accepted, prospective members must attend four club runs to assess suitability. Applications must be proposed by a Committee member and approved/rejected at our monthly meetings. This process can take anything up to 4 weeks. (Transfers may be more complicated.)

Fees currently stand at £30 and are reviewed at the AGM every October. The initial joining fee for new members is £15. Any prospective members should be referred to our Club Membership Secretary, Debbie Bolton, who will be able to advise on how to join. Please complete your registration and pay fees via our memberzone at membermojo.co.uk. You will be sent a link and password on request.

Your Memorable Notes

Shortly after you have registered as a full member with BRR, you will receive an England Athletics membership number. You will need this when entering races and in most cases it will entitle you to a discount on your race entry fees. You may like to print and write down your EA number and add any other memorable notes (Login usernames, passwords, other contacts, dates, races booked etc.) in the space below for easy access when making bookings.

Club Contacts/Committee

Chairperson: Susan Wolstenholme - chairperson@blackburnroadrunners.net

Vice Chair & Members Events: Ashley Weir - vicechair@blackburnroadrunners.net

Secretary: Liz Skupski - secretary@blackburnroadrunners.net

Treasurer: Deborah Clucas - treasurer@blackburnroadrunners.net

Membership Secretary: Debbie Bolton - membership@blackburnroadrunners.net



Challenge Coordination: Joanne McLean - jomcleanuk@yahoo.co.uk

Marketing Coordinator (web): Shafiq Khan -

shafiq@blackburnroadrunners.net

Marketing Coordinator: Adam Bateman

Kit coordinator : Lisa Ingham- clubkit@blackburnroadrunners.net

Run & Eat Coordinator: Claire Incutti - rovgiano_gravina@yahoo.co.uk

Club Championship Coordinator: Ashley Weir -

results@blackburnroadrunners.net

Race Director: Nicola Murphy - racedirector@blackburnroadrunners.net

Winter Warmer Entries: Jane Matthewman -

entries@blackburnroadrunners.net

Welfare Support & Club Mascot: Dave Short - shorty66@live.com

Welfare Support: Anna Barcroft - ap.barcroft@btinternet.com

Events Coordinator: Kayley Almond - kayleyalmond@yahoo.com

Charity Coordinator: Graham Jordan - grahamjordan71@sky.com

Logistics & Transport: Andrew Chatterton -

amchatterton@ntlworld.com,



Committee Members: John Clucas, Michael Wignall - michaelwignall66@sky.com, Mark Vaughton -

markvaughton@hotmail.com and Anthony Furnell - anthonyfurnell2@gmail.com

Information Guide/References

Memberzone: www.blackburnroadrunners.net/members-zone/

Facebook Page: 'BRR Information Group (Club Members Only)'

Facebook Group: 'BRR Discussion Group (Club Members Only)'

Twitter: @bbroadrunners

Strava: <https://www.strava.com/clubs/blackburnroadrunners>

Championship & Results Portal: results@blackburnroadrunners.net/events

Club Kit Orders: <https://pinosportswear.co.uk/product-category/clubs/blackburn-road-runners/>

Results Queries: results@blackburnroadrunners.net

General Email: info@blackburnroadrunners.net

Bank Transfers: Sort 30-90-87 Acc 07458761

PayPal: payments@blackburnroadrunners.net - then enter password: brr7nacac

Mailing Address: Blackburn Road Runners, 4 Solway Avenue, Blackburn, Lancs BB2 5BQ

Blackburn Road Runners Club Registration Number: 2657687

Members Code of Conduct

Members are expected to:

- treat each other with respect at ALL times, including on social media;
- comply with reasonable instructions given by club officials and run leaders;
- wear BRR official club vests when participating in races, unless representing a charity;
- participate and contribute to club activities;
- pay all subscriptions, or other fees that are due, promptly;
- remember when wearing club colours to act in a manner that does not bring the club into disrepute;
- act responsibly and reasonably when involved in club activities;
- volunteer at and support, wherever possible, races organised by the club and forego entering these races to do so;
- not wear headphones whilst running at races or on club training runs;
- not transfer race numbers to any other person without the official approval of the race organiser
- bring these rules to the attention of any member whose conduct may be in breach of the above
- Follow group leaders' reasonable instructions when participating in club runs in line with good Health & Safety practice and club etiquette
- Not wear club colours or BRR merchandised kit once membership ceases
- Encourage other members to adhere to the club's |Code of Conduct and advise the member when necessary of anything that may potentially be in breach of the above

