



BRAINTREE & DISTRICT ATHLETIC CLUB

A message from your Tuesday night run leaders

Welcome to BDAC's Tuesday evening road run group. We hope you enjoy our weekly runs as much as we do.

We want your evening road runs to be safe – as well as fun – so we have a few safety rules and we would appreciate your co-operation with these please.

1. Always wear a BDAC hi-vis running bib for the duration of your run. This makes you more visible to other road users and also to your run leaders who need to keep track of where you are. We will provide you with one and this is yours to keep. We would just ask that you return it if you decide that you no longer wish to run with us.
2. If you have any relevant medical conditions or injuries that could affect how well you run, do please mention this to one of the run leaders. If you normally carry medication to help manage a medical condition, please carry this with you on the run if there is any chance that you might need it and let a run leader know how it should be administered in the event of an emergency.
3. You will always be supported on a run by at least one trained run leader – usually more than one. Runners will run at different paces so groups do tend to get a bit spread out. We would therefore ask that you make sure you are never out of sight or earshot of a run leader. And as run leaders, we will take particular care to make sure runners at the back of a group are never left behind.
4. If a group starts to get a bit too spread out we will re-group. We normally do this by those runners at the front of a group looping back to the runners behind them. Yes, this means that those looping back end up running slightly further, but if you are one of these and would prefer not to loop back you can always stop briefly until others catch up. But if you do this, we would suggest that you keep moving – say, running on the spot – to avoid getting cold.
5. We will always do some cool down stretches after a run – led by a run leader. These help to prevent injury and possible soreness the next day. Please participate with these stretches – they only take around 5 minutes but they are well worth it and should form part of your training schedule.
6. Run leaders will wear head torches when it is dark. These really help to light up the road ahead – any dips and potholes etc. – as well as making you more visible to others. We would highly recommend these but if you don't wish to get one for yourself, it is best if you can try to run close to a run leader or fellow runner who has one.
7. And finally, we are all representatives of BDAC while we are running with the club and we obviously want to create the right impression with other road users. Please remember we don't have priority over other runners, dog walkers, cyclists, car drivers etc. Run in single file where there is a risk you may obstruct others. Also, when you see potential obstruction, do shout a warning to other runners, eg. "keep left", or "bike, keep right". And remember, although we are a friendly group, other road and path users can sometimes find a bunch of runners descending on them, sometimes with head torches blazing, a bit intimidating so please be considerate and polite to others we meet on our runs.

Many thanks, and enjoy your Tuesday evening runs!