

New Members Newsletter



About the Club

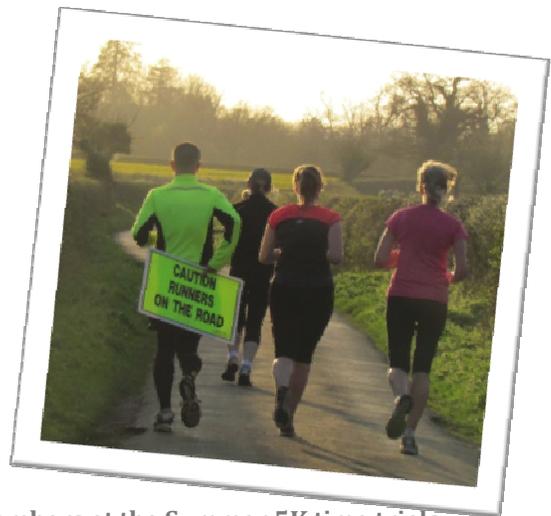
'Running Somewhere Else' was formed in 2007. Although run independently from the bar, as the name would indicate, we have a strong association with the owners and are grateful for their continued support.

Benefits of EA Membership

As a member of RSE you are automatically enrolled to membership of England Athletics (EA).

- Personal profile page on Power of 10 website
- Reduced entry fees for UKA licensed road and multi-terrain events (minimum £2)
- Sweatshop - £15 off running shoes (one redemption offer valid all year), 10% off all full price shoes and apparel (offer valid all year on unlimited purchases by EA card holder) plus more seasonal offers
- Insurance when training with the club
- Opportunity to enter the club ballot for London Marathon places*
- Track & Field Tours - special offers on warm weather training trips and packages to major events
- British Athletics - offers related to major events
- You will be entitled to discounts on coaching courses

* The club receives a number of guaranteed London Marathon places. Members can apply for a place via the club ballot if they have a) have been a full member for at least 12 months b) have proof of rejection from that years London Marathon public ballot.



Members at the Summer 5K time trials

Social

It's not all about running. The 1st Thursday of each month is our social night, usually meeting at the Somewhere Else bar for food, drinks and a chat. Other events include the ever popular Curry nights, Charity Quiz nights and Summer BBQ.

Club Merchandise

Full members are entitled to a free club vest* in the first year. Additional kit such as jackets, hoodies, tee-shirts can be ordered for a fee if required (*conditions apply).

Website

The club website is designed to keep members informed with the latest information so it's important that you check regularly for news updates. You can also sign up via the website for news notifications via email, Twitter and Facebook.

- Calendar updated with training information including routes.
- The Calendar also includes race and social info.
- Members can share running related info with other members via the Forum.
- The News section is updated with the latest results and club news.

Time Trials

During the summer months the club arranges a series of 5K time trials over the same course near Kemble. These are designed purely so members can gauge their fitness and progression – they're not designed to be a race.



Team Events

Throughout the year RSE members take part in a number of team events.

Cotswold Way Relay – Teams of 10 runners complete the route from Chipping Campden to Bath.

Hope 24 and Thunder Run are similar endurance events – Teams must complete as many laps of the course as they can within a 24hr period.



Club race action from Gloucester 10K

Club Championship

Each year the club competes in a series of races called club races. The idea is to encourage competition, team bonding and support local events. We also include one or two larger races – the Bath Half is part of the 2015 championship.

The top ten male and female runners receive points that accumulate over the season. The top 3 male and female runners are awarded prizes at the end of season. This normally happens at the clubs Christmas party night.

There are also prizes for the Runners' Runner as selected by club members and the Most Improved Runner as selected by the committee.



County Road Races

The club is a member of the Gloucestershire Amateur Athletics Association (AAA). The county organises its own road race championships which we actively encourage members to support.

Medals are award based on age categories so no matter how old or slow you think you are there's always a chance of a prize!

<http://www.glosaaa.org.uk>

Other useful websites

<http://www.runbritainrankings.com>

<http://www.runbritain.com>

<http://www.parkrun.org.uk>

<http://www.englandathletics.org>

<http://www.runengland.org>

Access to Website

You will receive a username and password that gives you access to the Forum on the website. This is sent via an automated website email, so if you unexpectedly receive an email from 'wordpress' don't delete it. If you haven't received your email within a week of joining, please check your junk mail box or speak with the membership secretary.

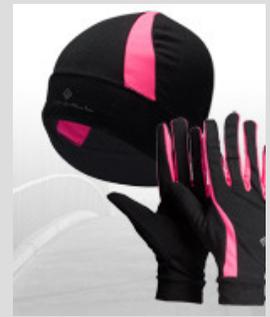
Keeping Your Personal Details up to date

You will also receive a membership card and welcome pack from England Athletics, this will contain your EA membership number that you will require when entering races. It's your responsibility to keep your contact details updated to ensure you receive renewals, news and offers from England Athletics.

Please also inform the membership secretary should your circumstances change.



1. *Wear suitable Hi Viz clothing at all times - be safe, be seen.*
2. *Get yourself a head torch - great for avoiding trips and slips underfoot and allows you to run safely if street lighting is limited.*
3. *If you must run on the road always run towards the traffic.*
4. *Please DON'T wear headphones, you need your ears to warn and protect you.*
5. *Look into attaching a small blinking light or two to your vest/outerwear.*



Running Etiquette

1 Thou shalt nod hello

If you see someone running towards you, as long as they haven't recently committed a robbery or escaped from prison, nod a quick hello. What's the harm?

2 Thou shalt share the path

Running two or three abreast on a busy path is the equivalent of sitting in the middle lane on a motorway. Do it mindlessly and you'll irritate people, get sworn at and have no one but yourself to blame if you end up getting undertaken/pushed into a canal.

3 Thou shalt dress with dignity

Gentlemen: if, on a sunny day, you should ever be tempted to go running without a shirt on, please think again. This isn't Venice Beach. It's a towpath and you've got a fly stuck in your back hair.

4 Though shalt not litter

Don't do it, seriously. Look around you – it's lovely here. So put that energy gel wrapper back in your pocket, or just use some of the gel that's now smeared around your mouth to stick it to your face until you get home.

5 Thou shalt be realistic on race day

You've all seen him. The man (it's always a man) who lines up suicidally close to the front of the pack, canters off at a rate he has no hope of sustaining and ends up walking, hands on hips, before the race is half-done, having been shunted out of the way by hundreds of more honest athletes with elbows as sharp as their legs are thin. Don't be that man.

6 Thou shalt have a bit of common sense

At the risk of sounding like a public information film, do you really think it makes sense to turn up music so loud that you can't hear cars? Or to run around blind corners in the direction of traffic? Or to sprint across the road in front of a car because you don't want to interrupt your threshold session?

7 Thou shalt say thank you to marshals

Across the land, race marshals get up before dawn on Sunday mornings to stand for hours on rainy street corners and stop you from getting lost. If you're not already saying thanks to these plastic cup-wielding, tabard-wearing saints, you might want to ask yourself a few questions.

8 Thou shalt not take yourself too seriously

Make no bones about it, you have an irrational hobby. You frequently exert considerable effort, perhaps for several hours, in order to undertake a needless journey that finishes back where you began. Look at it like that and you might think twice the next time you're tempted to break one of the highly scientific rules above. It's a silly thing, this sport we love. Why make yourself look any sillier than you need to while you're doing it?

Source <http://www.theguardian.com>