

BRJ HUNTINGDON ROAD RUNNING CLUB

NEW MEMBER INFORMATION

WELCOME

Welcome to the BRJ Huntingdon Road Running Club!

This information is intended for prospective and new club members as a way of providing them with some information about the club, such as who we are, what we do and how to get in touch!

If the specific detail that you require is not included here, please do not hesitate to contact us.

The club was formed in 1988 and the membership has grown steadily over the years from around a dozen to around one hundred now. This consists of Junior and Senior runners of all ages and abilities.

Our runners compete in local and national events over the roads, or multi-terrain, at various distances. Some of our members, simply run for fitness and fun!

We look forward to you joining the club and taking an active part in both the running and social elements of this club.

WHERE TO FIND US

Since May 2009, the Club has been based at the Huntingdon Leisure Centre in St Peter's Road, Huntingdon, PE29 7DA. On arrival at reception, ask the duty staff for directions to our meeting place. Lockers are available to secure valuables whilst you are out running.

WHAT TRAINING IS AVAILABLE?

There are a number of training sessions available. If you feel that you may like to join the club, we generally recommend that you attend for a few training sessions beforehand, then if you should decide to join, you will be asked to complete the necessary paperwork and pay the relevant subscription fee (See details below).

The normal club training sessions are: -

- i). Monday Evening (Beginners Session) - Leaving the Leisure Centre at 19.00 hours. This group caters for beginners and upwards, covering distances of up to 4-5 miles.

ii). Tuesday and Thursday Evenings – Leaving the Leisure Centre at 19.30 hours. Groups are available to cater for both racing snakes and those that want a more sedate pace. The “Training Page” of the BRJ website will give you an idea of the type of training we undertake on these evenings.

iii). Sunday Morning – Sunday training runs tend to be organised in preparation for major club events, such as the London Marathon. The date / time of the runs will be announced at the time.

HOW MUCH WILL IT COST ME?

The club’s subscription year starts on the 1st April and is the lowest in the area. The current annual subscriptions for the various types of memberships available are as follows:-

- i. Senior (over 16 years) - £20.00 Per Annum (With a Racing Licence)
- ii. Senior (over 16 years) - £15.00 Per Annum (Without a Racing Licence)
- iii. Junior (under 16 years) - £2.00 Per Annum
- iv. Social (non-running) - £5.00 Per Annum

Most members pay the extra £5 to acquire the “England Athletics Racing Licence” as this entitles you to reduced race entry cost at most events (generally a £1 or £2 discount per race). To encourage members to pay promptly when renewing their annual subscription, a discount of 10% will apply if you renew your subscription before the end of April.

EVENTS ENTERED BY CLUB MEMBERS

All Year – Senior club members regularly compete in local and national race events ranging from 5km through to the full Marathon distance. Junior members compete in Fun Runs up to 5km.

Winter Only - The club has competed in the Frostbite Friendly League since it’s inception in 1988. The “Frostbite” series is contested by 17 local running clubs and consists of 6 races that are held monthly between October and March, at various local venues. The fees to participate in the league races are funded through the annual subscriptions thus, unlike some other local clubs, there is no extra charge to compete in these races. The distances of each event vary slightly, but are generally 5 miles for seniors and 1.5 miles for juniors,

EQUIPMENT

BRJ Club Kit – Our Equipment Officer can provide you, at reasonable cost, with all the kit that you will need for club events.

General Running Equipment – To stay injury free, it is essential that you purchase the correct equipment and this is particularly relevant for your running shoes. You are advised to contact a specialist running equipment stockist such as Advance Performance in Peterborough, or Sweatshop in Cambridge.

If you should purchase any equipment from Advance Performance, you should advise the sales assistant that you are a member of BRJ Huntingdon RRC as they have an arrangement whereby the club is given a rebate amounting to 10% of the total purchases made by BRJ members over the preceding year. This enables the club to purchase sports equipment needed by the club and in turn goes towards reducing our annual subscription fees.

Safety Equipment – The majority of the evening training sessions are conducted during hours of darkness. Your safety is paramount, but it is ultimately your responsibility. It is recommended that you purchase suitable personal safety equipment e.g. a reflective bib, fluorescent clothing or flashing armbands. Again, our Equipment Officer can provide you with details of the personal safety equipment that you will need.

PERSONAL ACCIDENT INSURANCE

Your annual subscription includes automatic membership to a Personal Accident Insurance Policy. The policy is designed to pay compensation in the event that you are unable to work as a result of an injury sustained whilst undertaking club organised activities, such as club training sessions. Details of the policy are available on request from the Membership Secretary.

SOCIAL ACTIVITY

We pride ourselves on our ability to enjoy our running, but also the social side. Our fundraising events have raised many thousands of pounds for many worthy charities. Our Social Secretaries organises various activities throughout the year that are open to members and their families. Recent activities have included Bike Rides, Greyhound Racing, weekend walking / camping trip and a BBQ. In addition, runs from local pubs routinely feature in our running calendar giving you the opportunity to recover with a drink, and / or a meal after an exhausting training run. Details of forthcoming social activities are listed on the BRJ website.

CLUB NEWS & INFORMATION

The latest information relating to forthcoming club events, training schedules, race results, social and fundraising events and other useful information can be found on the BRJ website.

HOW CAN I CONTACT BRJ?

Contact Details

Club Website: www.brjroadrunners.org.uk

Club e-mail: info@brjroadrunners.org.uk

Yours in sport!

**ALAN HANNIBAL
CLUB CAPTAIN
BRJ HUNTINGDON ROAD RUNNING CLUB**