



## Stourbridge Running Club Running Etiquette

Stourbridge Running Club is an inclusive and sociable running club. We try to minimise rules but we do have a running etiquette we encourage all club runners to be aware of and work with when taking part in club runs.

- We will try to form running groups for all ability levels but within a group there can be varying abilities which should be taken into account by all the members of that group.
- Groups will normally have a Route Leader to set the route and whenever possible a nominated back-marker runner to ensure no one is left behind. If there is no nominated back-marker all runners are to ensure that no single runner remains alone at the back of the group.
- Groups will generally be no larger than 12 (with a preference for less than 10) to ensure all runners can run safely as a group. Groups with more than 12 will be split up with separate Route Leaders.
- All club runners are responsible for their own health and safety whilst running
- If any runner decides to cut short a group run the Route Leader should be told where they are going to go. No runner should simply drop out of the group without speaking to the Route Leader
- Those who want to run ahead of the group at their personal pace or for example for sprint training should be aware of the route and at what point the group is expected to regroup.
- Those runners at the front of a group, once they reach the regrouping point are expected to return to the back marker and run back to the regrouping point to ensure the group remains a group. If this happens, then those at the front don't end up waiting around and taking off as soon as the back marker arrives, which would mean the back runners don't get a rest.
- When crossing roads, using marked crossing points, when available, groups should try to cross as one group not filter across randomly, unless otherwise told. (Crossing as a group allows drivers to understand more clearly what the runners are doing).
- Groups will be told at what point it would be appropriate to break up as a group and head back to the club.
- All runners are encouraged to wear bright, visible clothing and preferably reflective materials in the dark nights.
- All runners should be aware that we don't have the right of way over any other road, path or pavement user, so please be courteous and go into single file when approaching or passing people. A group running around you or at you can be very intimidating.