

Club Meeting Times

Taunton Running Club currently meets THREE times a week at the Tangier Car Park

Tuesday 6.30pm – Club Night

Thursday 6.30pm – Club Night

Sunday 9.00am (8:30 summer time) – Our Sunday runs are very popular and we now have THREE groups to match the abilities of our members and their current training requirements.

Club Rules

- “**No-one gets left behind**” - to achieve this, the practice of looping, waiting at the top of hills or long stretches for slower runners is always adhered to. Group leaders may use a whistle or shoot loop to indicate that the front runners should loop to the back of the pack. Slower runners must never feel or made to feel that they are holding up the pack.
- iPods & MP3 Players are **strictly banned** during club running sessions to ensure the safety of runners and their awareness of traffic & cyclists
- **Group Leaders** responsibilities and recommendations for the safety of their group during a session includes:-
 - Advising members on the phrases used to ensure their safety particularly when seeing their group across main roads, busy junctions. eg. “All Clear” means there is no traffic coming or traffic is far enough away to allow a safe swift crossing. – members should obey these commands quickly as road conditions can change in an instant.
 - Setting the route and ensuring runs are completed in around an hour – typically 4 – 7M.
 - Ensuring that the “No-one gets left behind” rule is **always** adhered to - Ensure newbies are chaperoned if the pace of the group is too hot
 - Beginners group sessions do not have a fixed pace or distance and will be determined by the group leader.
 - The route should avoid busy roads with no footpaths and the surface be safe for runners, particularly in adverse weather conditions.
 - Runners should follow the **move to the left** convention on shout of “car” or “bike” and quickly obey any other instructions given by their group leader or deputy.
 - All runners must wear ‘HiVis’ vests or jackets during winter nights
 - Runners becoming injured or feeling ill **must always** be accompanied on their return by another runner from the group.
 - Advise faster or slower runners on the appropriate group
 - Carry a bumbag with First Aid Kit, torch in winter
 - Ensure at least one member of the group has a MOBILE PHONE in case of emergencies

GROUP LOOPING PROCEDURE

Jan's Guide to safe looping

TURNING POINT



Upon a whistle or the command "LOOP"
The front runner should turn to the RIGHT and start to run as to join the back of the pack.
Other 'able' runners follow using the same TURNING POINT
Slower runners should 'keep left' and allow space for the returning runners.