

## **New runners Frequently Asked Questions**

**Q: I enjoy jogging, but I'm worried that I'm not fast / serious / thin enough to join an athletic club. Will I be left behind?**

A: No! We welcome runners of all abilities from the complete beginner to the international athlete, and most of us are towards the lower end of this scale. If you can run 4 or more miles, then why not try the main road running session on Thursday evening. We currently have runners with five mile times of between 28 and 52 minutes (see the road league tables for more details), as well as lots of members who prefer not to compete. We have members of all ages and shapes and sizes and from all walks of life

**Q: How does the trial membership work?**

A: We welcome any prospective new members to come and try us out for a few sessions for free before deciding if you'd like to join or not. Take your time, we think you'll like it.

**Q: What happens at the Thursday session?**

A: During the autumn/winter seasons our "home" is Newbury Rugby Club, Monks Lane: We meet in the bar at 6:50pm before heading off for a run at 7. There are two sessions to choose from – a middle distance session on the field and the road / cross-country run. The road run is on safe lit streets and footpaths around Newbury. We generally set off as a group and then split into two or more groups covering different distances and speeds. Available routes vary between 4 and 11 miles with 8 miles being the most popular distance. Changing facilities and showers are available, or you can arrive changed if you prefer. After the run many of us go to bar for something to eat (a hot meal is normally available for £3) and of course some much needed rehydration.

In the Spring / Summer season our "home" is Brown's Meadow Playing Fields at the end of Fifth Road. Run distances are similar to those outlined above, however, we take advantage of day-light to go off-road and explore many of the local public footpaths.

**Q: What should I wear?**

A: What you like really. Most people go for shorts and a t-shirt in the summer. Road shoes are fine for most of our routes. In winter people tend to wear leggings and long tops, maybe with a t-shirt or something on top of that if it's cold. I like gloves too, but not a hat as I get too hot and have to take it off after a few minutes. The winter routes are mainly on the pavement, but wear something bright and / or high viz if you have it.

**Q: How much does it cost to join?**

A: Social Road Running membership starts from just £20 for the whole year – a lot cheaper than joining the gym! This entitles you to train at the Tuesday and Thursday sessions and use the changing facilities. For an extra £5 per year, you can affiliate to England Athletics, which entitles you to discounts on race entry fees (at least £2 per race). Alternatively, for just £45 per year (including England Athletics affiliation) you can become a "Competing Adult Member" and benefit from all the coached training sessions and compete for the club in track & field and cross-country competitions.

If you join part way through the year, you'll be charged a proportion of this amount. New members also need to pay a joining fee of £20 in the first year which goes towards the cost of providing you with a club vest. Unlike some other clubs we don't charge any session (weekly) fees on top of this.

**Q: That's a lot cheaper than the gym - how do you keep your fees so low?**

A: The club is run by a committee of unpaid volunteers who work hard to keep costs low. Club funds are boosted by entry fees from the races we organise (volunteers are always wanted to help with these) and occasional grants.

**Q: What other sessions are available?**

A: Check out the [club programme](#) for details. You can do as much or as little as you'd like, and won't be pressured into doing anything you don't want to.

**Q: Why should I join Newbury Athletic Club?**

A: There are lots of benefits:

- Running in a group is much more fun and safer than running on your own. It's easier to keep motivated, particularly in the winter.
- We are resource of experienced runners. We know about all the best places to run in the area (and visit most of them in the summer), have competed in most of the races in the area and someone has probably had whatever ache or pain you're having too and can advise you who you should see.
- You can participate in our road league and compete for the trophies that are awarded at the end of the year.
- The opportunity to participate in our many varied training sessions, led by our experienced coaches and use our facilities at Crookham Common, Fifth Road and the Rugby Club.
- The club pays for athletes to compete in a number of competitions including the Ridgeway Relay, track and field and cross country competitions.
- Newbury AC is affiliated to UK Athletics, which means that you qualify for cheaper entries for road races (normally at least £2 less).
- You can get involved with our two races, the Bayer Newbury 10k and the ADP Highclere 10k.
- Members that have been rejected for entry to the London Marathon ballot can go in the hat for one of the two club places. There's plenty of people in the club that can tell you everything you need to know about this race – we even have a member of the "Ever Present" who has done all of them. We have an arrangement with a hotel near the start, so we always have rooms available to members on the Saturday night, and provide a bus from Newbury.