

# KHRC Club Run FAQs

## Questions about attending club runs

### **How do I book on to a run?**

All club events are booked through Run Together. You will need to register to access runs and can then book through the website or app.

<https://groups.runtogether.co.uk/KingsHeathRCTheLions>

### **What do I do if I have booked a run but cannot make it?**

You will have to cancel your run *in advance* of the event, even if this is only a few minutes before the run. You can find instruction on how to do this here:

To cancel your booking, simply go **to our website and sign-in** to your account. Once signed-in, click on the 'My RunTogether' section in the top right corner and select 'My booked runs' from the dropdown menu. You will be able to cancel any bookings on this page.

### **Can I join the run in case someone doesn't show up?**

No. If you have not booked you cannot attend our runs. It is worth keeping an eye on the RT website in case a space does appear.

### **Do I have to wear hi-vis whilst running?**

For all "Winter" routes and coaching activities you are required to wear hi-vis. If you do not wear hi-vis you will not be allowed to run.

### **Can I use headphones whilst running?**

For distances runs, you can wear bone conducting headphones but not any other type. Do not wear any headphones for coaching sessions.

### **Why are club run spaces limited?**

We have to maintain a ratio of 1 run leader to 12 runners. This is for safety of runners and insurance coverage.

### **Do club runs have the same starting point?**

We have a summer and winter meeting point for 4 mile and 10k runs. All coaching sessions will have their own unique meeting point. Beginners sessions on a Saturday have their own meeting point. When you register for an club event on Run Together you can find location details of starting points and where appropriate maps of routes used.

## **What happens if I don't show up to a run but do not cancel my place in advance?**

We do monitor who attends and does not check in. After two no shows you will be sent a reminder of the need to cancel. Continued failure to attend runs without cancelling your registration will result in an official warning.

# Cancelling a booking

## **How do I cancel a run?**

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## **How late can I leave booking on or cancelling a run?**

Try to cancel as early as possible so if the run/coaching session is full, your space can be taken by someone else. Please do not just email the club or relevant run leader direct as they cannot remove your booking.

Only if within the 10 mins before a run something happens meaning you cannot attend then please email club on [kingsheathrc@gmail.com](mailto:kingsheathrc@gmail.com) so we can note this when cross referencing the attendees list.

## **Can I just message a run leader rather than cancel through Run Together?**

No. You need to cancel runs through the Run Together app as Run Leaders cannot remove registered attendees from the list.

# New Runners

## **I am a new runner with club, what do I need to do?**

1. Can you please register as a new runner here a very short form which is just to gather some basic confirmations to comply with our health and safety and runner support:

<https://forms.gle/RYDAkjGAsR39CYuH6>

2. You can register as a trialist for a 3 week period before deciding to join the club as a full member - this is three weeks where you run rather than three consecutive weeks

3. To register for a run you can find our events on Run Together:

<https://groups.runtogether.co.uk/KingsHeathRCTheLions> this covers runs and coaching sessions (coaching sessions are currently delivered as they are smaller groups). This is what we did yesterday.

If, after the three week period, you wish to join as a full member simply go to our main website and the membership section:  
<https://www.kingsheathrunningclub.org.uk/membership/> membership runs from April to March each year and is £30 - this covers £15 registration with the running club and £15 registration with England Athletics.

### **What happens after my trialist period ends?**

Committee will keep track of new trialists and send them an email once their 3 week period has completed with information about membership sign up should they wish to join.

## Volunteering with club

### **Can anyone volunteer?**

Yes. We have a few volunteer roles that do not require you to be a Run Leader.

### **Does the Tail Runner need to be a Run Leader?**

No. The Tail Runners does not need to be a Run Leader but they do need to ensure they have booked on to the club run. To become a tail runner please contact the Run Leader Co-ordinator (hyperlink to committee member page).

### **Do Reverse Route Runners need to be Run Leaders?**

No. The RRRs do not need to be Run Leaders but they do need to ensure they have booked on to the club run. To become a RRR please contact the Run Leader Co-ordinator (hyperlink to committee member page).

### **Do Run Leaders register for a run on Run Together?**

Run leaders will have access to a private log in via Run Together and like parkrun they arrive in advance of runners to check in.

### **If I am a Run Leader and cannot attend a day I am volunteering, what do I do?**

Please contact the run leader co-ordinator as soon as possible.

### **As a Run Leader do I have to look after a pace group?**

This depends on the day. If you are a Run Leader for a Tuesday run, then you do not lead a pace group. You are running with club members following the usual duty of care to all runners. On a Thursday 10k route (or Christmas Tree Route) you are responsible for a pace group of up to 12 runners and we recommend you act as the tail runner for this group and have some useful tips for keeping runners together. For more information contact the Run Leader Co-ordinator.