

# Welcome to Striders.

You have probably been running with us already but here are some additional reminders on running safely, kit and contacts.

## **Wear something light at night**

If you are running with us on Wednesday evenings or Friday evening during the winter months make sure you are wearing something light and ideally reflective. You may be able to see perfectly well but motorists often can't see you and you are often invisible to your run leader. If you forget, we have some bright marshal tabards you can borrow.

## **Looping Back**

Whether we are running as a single group on a Sunday morning or as four groups on a Wednesday evening you run leader will always loop back to the last runner at road junctions or when the group gets too spread out. Don't use this as an excuse to stop and rest. Follow your leader and give the slowest runner in your group some encouragement. If you find yourself running well ahead of your leader on a Wednesday you should probably be running in the next pace group. If you have to stop and rest a lot you are probably trying too hard.

## **Communications**

You should now be on our email circulation list [striderslist@yahoogroups.com](mailto:striderslist@yahoogroups.com). If you haven't received an invitation to join please email [stridersofcroydon@gmail.com](mailto:stridersofcroydon@gmail.com)

We use this to update you with details of upcoming club events and last minute changes. If you need to reply make sure you reply to the originator and not "reply all" or your reply will go to all 300 plus members.

We also have a facebook group called striders of Croydon. If you use facebook please join this and use it for more general club communications, to post your own achievements, as more general questions of club members or just to be sociable.

We also have a twitter account you can follow. Recent feeds are at the bottom of the page on our website home page.

Contact details for committee members are on our website under [Club/Committee](#). If in doubt mail [stridersofcroydon@gmail.com](mailto:stridersofcroydon@gmail.com). This is primarily for membership enquires but our membership secretary will pass on messages to the appropriate committee member.

## **Kit**

We have a stock of running vests in the clubs green and yellow colours and a stock of white long and short sleeved vest sleeve suitable for club runs or as an extra layer under a running vest.

If you are running in a race in the clubs name please do your best to wear the club colours.

Price list and contact details are on our website under [Club/Kit](#)

## Helping

As a club member you are strongly encouraged to help at the events we organise. The major ones are the Croydon Half Marathon, the Switchback and the summer handicap series. We also traditionally provide marshals for the Race for Life in Lloyd Park and for the London Marathon for which we earn extra places. As an extra incentive helping in these events earns you points towards the annual draw for the London Marathon places we are allocated. You will find details for the rules at [club/club admin/london marathon club draw](#)

## Sandilands

Our home is the Sandilands club house. know by many as Addiscombe Cricket Club. Outside the Cricket season the club is usually locked up except when we meet at the start and finish of our runs. If you need access at other times there is a combination lock on the back door ask a committee member for the code.

Many of us stop for refreshment after the Wednesday evening run. Come along and join us. We try and have a pizza or fish and chip night once a month. Usually the first Wednesday of the month.

## The Weekly Diary:-

The usual schedule is at the bottom of the front page of our website. You can find more details by clicking on the [The Club](#) at the top of the page.

The runs leave promptly at the stated time so aim get to the club house about 10 minutes before hand.

## Results

We try and maintain records of club members achievements in any organised races. You can see them by **clicking** on Results at the bottom of the front page. We will record them for the events where many Striders compete such as the Croydon 10k & parkruns for other events if you would like your time to be posted please complete and submit the form at the bottom of the results page.

Welcome again to Striders and good luck in improving you running and achieving you goals. whether it is just to stay fit or to get a personal best in a marathon.

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