



BEDFORD HARRIERS INDUCTION EVENING

MONDAY 22nd APRIL 2013 @ 8PM

1. About Running
2. Your Choices For Wednesday 24th April
3. Bedford Harriers Running Nights
4. Beginners 12 Week Schedule Including Notes
5. Ten Minute Group Schedule
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ABOUT RUNNING

WHY?

One question you are going to ask yourself time and again is: WHY am I doing this?

- to lose weight
- to make friends
- to get fit
- to feel better/look younger

*Running will help you achieve all of these
and more!*

Whatever your reason you will need to be specific, open and honest, not only with yourself, but those (family and friends) who question your sanity.

1. Establish your GOALS: short term (next few months) and long term (next year).
2. List them – in clear, measurable statements
3. Make them SMARTER – Specific Measurable Attainable Realistic Timely Enjoyable Rewarding: for example –

"I Woody B Runner will run 1 mile non-stop by 13 June 2011. I will celebrate by eating chocolate cake and drinking red wine"

Running is unlikely to achieve your goal all on its own and you need to think about a few other important things like: food, drink, clothing, stretching, core strength and finally, your own safety and that of others.

DIET

You are what you eat. This is particularly true of athletes/runners. To run any distance your body needs to draw on stored energy. This is a very complex process so to keep it simple, let us accept that the body gets its long-term energy from Complex CARBOHYDRATE.

Your diet should consist of approximately:

- 60% complex Carbohydrate – pasta, rice, bread, potatoes, fruits, vegetables and breakfast cereals. (Simple Carbohydrates – refined sugars, jams, honey, sweets and cakes are not good sources of long term energy.)
- 20% Protein – fish, dairy products, meat and nuts are all good sources of protein, which is essential for repairing and maintaining the body.
- 20% Fat – yes, Fat is an essential part of our diet and is needed to store nutrients and supply energy.
- Remember that 1gram of carbohydrate or protein contains 4 calories while 1 gram of fat contains 9 calories. So the above proportions must be based on **calorie intake, not weight**

Some general guidance on good eating:

- Variety – eat as many different things as possible. (Eat foods from each of the major food groups: dairy, meat, vegetable, fruit and grain) every day
- Often – eat little and often, this actually helps to burn calories and keeps your metabolism going.
- Always eat breakfast, lunch and an evening meal.
- Graze between main meals on fruit, nuts, raw vegetables and low fat cereal bars.
- Eat starchy carbohydrate foods, less fat, sugar and salt.
- Eat some carbohydrate immediately after training (a banana or tuna sandwich).

Finally, to lose weight you simply need to burn more calories than you consume. The Department of Health recommends an average daily intake of 1940 calories for women and 2550 for men. Regular exercise will demand more calories, so keeping your calorie intake the same but increasing your exercise level should lead to a loss of weight. Be careful to maintain a healthy balance, if you eat unwisely or eat too little you will not be able to exercise effectively and will impact your immune system, making yourself ill.

DRINK

Sorry, we're talking about WATER. Most people don't drink enough water and spend the best part of their lives in a state of dehydration. Normally, this does not really matter, but to an athlete / runner it is very important. A relatively small % loss of body fluid can reduce your performance and a significant loss could have health implications.

But don't rush out and drink gallons of water as over hydration can also have health implications. Here, therefore, is some advice about how to keep hydrated:

- drink little and often
- drink more when exercising/training
- drink a small amount before training or racing
- drink immediately after a training session. So have a drinks bottle with you or at least in your kit bag.

Water is obviously the cheapest and easiest but many sports drinks are also available. However, you should be careful at first as many sports drinks contain a lot of sugar and are meant for specific purposes. You may have heard the term isotonic (Isostar is a well-known brand name). This means that the fluid has the same concentration as body fluid and is absorbed at the same rate or slightly faster than water. This is good for general all round use (before, during and after exercise). As you run longer distances and become more sophisticated in your training, you may want to explore energy replacement drinks containing carbohydrate, but more of this later.

A simple home-made isotonic drink recipe is: 300mls of pure orange juice, a pinch of salt and a spoonful of sugar topped up to a litre with water. The salt (or sodium) is very important in replacing salts lost through sweating and the sugar makes it palatable. As you begin a simple bottle of water will be fine!

CLOTHING

Much of this is common sense, but it is worth mentioning a few key points. You are about to become a 'runner', a special breed of individual revered and admired by other human beings, so **LOOK THE PART**. Above all, clothing should be comfortable, loose fitting and durable. There is a lot of good, reasonably priced running gear available, much of it specifically designed for certain weather conditions – keeping you warm and dry when it's wet and cold, and cool when it is hot.

Examples of club kit will be available on the night and is available to purchase from the club (details on our website). As a club member you will often get a discount on kit from running shops eg Sweatshop and No Limitz, and when you enter a race as a BEDFORD HARRIER. You must wear the club colours when you race.

Probably the most important part of your running kit is your shoes. Good shoes will help to prevent the problems of bad knees, aching back, sore shins that you hear people complain about. They are not cheap, but well worth the investment. The best sports shops to go to are those that do an assessment of your running style. Advice on all aspects of running can be found on the Runnersworld website or in the Runnersworld magazine, which is an excellent read for those starting out on the running and fitness road. Follow this advice and you won't go far wrong. Good socks are also very important to stop blisters and to give that extra support. Very necessary support can also be gained from a good sports bra.

One very important piece of advice at any time of year is to wear something bright and visible.

BE SEEN, BE SAFE is a good maxim. High visibility vests are available from the club and are mandatory on club nights in the winter months.

WARMING UP AND COOLING DOWN AND CORE STRENGTH

Finally, you will be introduced to a number of stretching routines as part of the 'programme'. Warming up before you begin to exercise is very important. As important is a gentle, structured cool down afterwards.

Begin each session by gently jogging and doing a few basic dynamic stretches to warm the major muscle groups beginning from the head down. Major muscle groups include your shoulders, abdomen, back, thighs, hamstrings and gluteals (buttocks). These stretches take only about 10 seconds each and should be preceded by a good warm-up.

At the end of your session cool down, possibly by walking or jogging the last few hundred metres. We will do some core strength exercises and then a stretching routine taking about 20 seconds for each of the stretches. A routine like this will help to stop you being stiff the next day and help towards building good core strength.

If you have any questions any of the Harrier's coaches will be pleased to help.

YOUR CHOICES FOR WEDNESDAY 24TH APRIL

Our first established group is split in to two, an "easier" session and a "harder" session, giving new runners, or returning runners, a chance to settle into their running. The easier session pace is between 10 and 12 minute miles, and the harder session pace is between 9 and 11 minute miles. Anyone who can already run for 40 minutes should join the easier or harder session on your first night of running. (See (A) below for meeting place.)

Anyone able to run between 10 and 35 minutes, at a pace of 12 minute miles or faster, should join the "10 minute group" coached primarily by Jeanette Cheetham (Nette). The sessions will be local and tailored to meet your ability. (See (B) below for meeting place.)

Anyone who is not yet up to running for 10 minutes, no matter what pace you run at, or cannot run faster than twelve minute miles, should start with Noel Jones and his team in the "Beginners group" on the rugby pitches on Wednesday night. If you are unsure of your ability, start here and we will be able to assess you and advise accordingly. (See (C) below for meeting place.)

Which group should I choose?		
My pace is...	I can run for...	I should go with...
Less than 9 mins each mile	40 minutes or more	Ask a coach for further individual advice
9 - 11 mins each mile	40 minutes	Harder session
10 - 12 mins each mile	40 minutes	Easier session
12 mins per mile is my slowest	10 minutes	Ten minuters
I can't run at 12 minutes per mile	I can't yet, or I can't run fast enough for the other groups, but I soon will be able to!	Complete beginners

The schedules for these groups are included in this pack.

Meeting up;

(A) For your first night on Wednesday, anyone wanting to join our easier session (i.e. can already run for 40 minutes without stopping) please find David Prior in the reception area. He will explain what is happening that night, and what normally happens on a club night.

(B) The "10 minute group" (those that can run between 10 and 35 minutes without stopping) will meet Nette by the stairs to the left of reception at 6:30pm.

(C) The "Beginners" group will meet Noel outside on the (blue / yellow) seats at 6:30. Walk through the stadium and out to the track at the back.

If you have any questions on arrival please ask any person in a "COACH" bib.

HARRIERS NIGHT

Bedford Harriers train on Mondays and Wednesdays with warm up commencing at 6.30. We then split into groups depending on ability.

The club has 28 UK Athletics qualified coaches and 9 established groups from beginners to 'elite'.

On a Friday night there is a track session in the summer and circuits in the winter beginning at 6.30.

Schedules for Mon/Wed nights are in the glass cabinets and on the website, as are the Friday track sessions during the summer.

All groups do a variety of sessions, designed to improve your overall running and prepare you for races if you wish to do any. The main types are hills, tempo (longer distance of sustained speed), speed repetitions, track runs and off road runs in the summer

Once your ability improves you can choose to run with any group, on any club night. You will be encouraged to move up through the groups as you improve but will not be pushed to do so. Coaches will be happy to advise you to help you find a group that suits your increasing ability or training requirements. You can also move back down as often as you need to, to recover from injury or to rest if you have raced or are tired for any reason.

'Beginners' have usually moved into an established groups by August or September.

Weekend runs are also available. Details can be found on the website or you can ask your coach for details.

Bedford Harriers also have an excellent Coaching Development programme once you have been with the club for a time

Coaches in the beginners and intermediate groups wear green vests, yellow tee shirts or yellow fluorescent bibs. If you have any questions about your training or schedules etc. please speak to any coach.

If you find you have questions between now and Wednesday, email hello@bedfordharriers.co.uk and we endeavour to answer you in a timely fashion.

GROUP SOCIALS

Bedford Harriers is not all about running. All groups have their own social occasions, for example pizza runs, fish and chip runs, pub nights, quiz nights, Christmas fun and full club socials. The club also organizes trips to races, for example in recent years we have been to Amsterdam, Brussels and exotic places such as Great Yarmouth and Peterborough! So joining the Harriers does not only keep you fit, it gives you a whole new social life and we are looking forward to you being part of it.

12 WEEK BEGINNERS TRAINING SCHEDULE
Jacinta Horne Noel Jones Ken Toy Darren Cimelli Jude Cottam

Day/Week	Date	Coach	Training Detail
Wed (wkwk1)	24 th April	Noel/Ken Assisted by Steve	Walk 2 mins. Run 1 min walk 2 mins x 5, rest and recover then repeat. Approx 1 mile running
Homework (wk1) 26 th or 27 th April			Repeat from 24 th April
Mon (wkwk2)	29 th April	Cint/Darren assisted by Jude	Walk 2 mins. Run 2 mins walk 2 mins x 3, rest and recover then repeat. Approx 1.2 miles running
Wed (wk2)	1 st May	Noel/Ken Assisted by Steve	Walk 2 mins. Run 2 mins walk 2 mins x 4. Approx 1.2 miles running.
Homework (wk2) 3 rd or 4 th May			Repeat from 1 st May
Bank Holiday Mon (wk3) 6 th May Homework			Walk 2 mins. Run 3 mins walk 1 min x 2, rest and recover then run 4 mins walk 2 mins x 2. Approx 1.4 miles running.
Wed (wk3)	8 th May	Noel/Ken Assisted by Steve	Walk 2 mins. Run 3 mins walk 1 min x 5. Approx 1.5 miles running.
Homework (wk3) 10 th or 11 th May			Walk 2 mins. Run 4 mins walk 2 mins x 3
Mon (wk4)	13 th May	Cint/Darren assisted by Jude	Walk 2 mins. Run 3 mins walk 1 min then run 4 mins walk 1 min x 2 then walk 1 min run 3 mins. Approx 1.7 miles running.
Wed (wk4)	15 th May	Noel/Ken Assisted by Steve	Walk 2 mins. Run 4 mins walk 1 min x 4. Approx 1.6 miles running.
Homework (wk4) 17 th or 18 th May			Walk 2 mins. Run 4 mins walk 1 min x 4
Mon (wk5)	20 th May	Cint/Darren assisted by Jude	Walk 2 mins. Run 6 mins walk 2 mins x 2. Approx 1.2 miles running.
Wed (wk5)	22 nd May	Noel/Ken Assisted by Steve	Walk 2 mins. Run 5 mins walk 2 mins x 4. Approx 2 miles running.
Homework (wk5) 24 th or 25 th May			Walk 2 mins. Run 5 mins walk 2 mins x 3
Bank Holiday Mon (wk6) 27 th May Homework			Walk 2 mins. Run 6 mins walk 1 min x 3. Approx 1.8 miles running.
Wed (wk6)	29 th May	Noel/Ken Assisted by Steve	Walk 2 mins. Run 8 mins walk 2 mins x 2. Approx 1.6 miles running.

12 WEEK BEGINNERS TRAINING SCHEDULE
Jacinta Horne Noel Jones Ken Toy Darren Cimelli Jude Cottam

Day/Week	Date	Coach	Training Detail
Homework 31st May or 1st June (wk6)			Walk 2 mins. Run 8 mins, walk 2 mins, run 8 mins. Approx 1.6 miles running.
Mon (wk7)	3rd June	Cint/Darren assisted by Jude	Walk 1 min, run 10 mins, rest and recover. Walk 1 min run 5 mins. Approx 2 miles running.
Wed (wk7)	5th June	Noel/Ken Assisted by Steve	Walk 1 min, run 6 mins walk 1 min x 4. Approx 2.4 miles running.
Homework 7th or 8th June (wk7)			Walk 1 min, run 10 mins, rest and recover. Walk 1 min run 5 mins x 2. Approx 2.5 miles running.
Mon (wk8)	10th June	Cint/Darren assisted by Jude	Walk 1 min, run 6 mins walk 1 min x 4. Approx 2.4 miles running.
Wed (wk8)	12th June	Noel/Ken Assisted by Steve	Walk 1 min. Run 5 mins walk 1 min x 5. Approx 2.5 miles running.
Homework 14th or 15th June (wk8)			Walk 1 min. Run 6 mins walk 1 min x 3. Approx 1.8 mins running.
Mon (wk9)	17th June	Cint/Darren assisted by Jude	Walk 1 min. Run 12 mins. Rest and recover. Walk 1 min run 5 mins. Approx 1.7 miles running.
Wed (wk9)	19th June	Noel/Ken Assisted by Steve	Walk 1 min. Run 7 mins walk 1 min x 2, walk 1 min run 5 mins x 3. Approx 2.9 miles running.
Homework 21st or 22nd June (wk9)			Walk 1 min. Run 5 mins walk 1 min x 3, rest and recover. Walk 1 min. run 5 mins walk 1 min x 2. Approx 2.5 miles running.
Mon (wk10)	24th June	Cint/Darren assisted by Jude	Walk 1 min. Run 7 mins walk 1 min x 3. Approx 2.1 miles running.
Wed (wk10)	26th June	Noel/Ken Assisted by Steve	Walk 1 min. Run 7 mins walk 1 min x 2. Rest and recover. Walk 1 min. Run 7 mins walk 1 min x 2, run 3 mins. Approx 3.1 miles.
Homework 28th or 29th June (wk 10)			Walk 1 min. Run 6 mins walk 1 min x 3, run 5 mins walk 1 min x 2. Approx 2.8 miles running.
Mon (wk11)	1st July	Cint/Darren assisted by Jude	Walk 1 min. Run 15 mins. Rest and recover. Walk one min. Run 4 mins walk 1 min x 2. Approx 2.3 mins running.
Wed (wk11)	3rd July	Noel/Ken Assisted by Steve	Walk 1 min. Run 10 mins walk 1 min x 2. Rest and recover. Walk 1 min. Run 5 mins walk 1 min x 2. Approx 3 miles running.

12 WEEK BEGINNERS TRAINING SCHEDULE **Jacinta Horne Noel Jones Ken Toy Darren Cimelli Jude Cottam**

Day/Week	Date	Coach	Training Detail
Homework 5th or 6th July (wk11)			Repeat session from 3 rd July
Mon (wk12)	8th July	Cint/Darren assisted by Jude	Walk 1 min. Run 10 mins walk 1 min run 5 walk 1 min x 2. Rest and recover. Walk 1 min. Run 5 mins walk 1 min x 2. Approx 4 miles running.
Wed (wk12)	10th July	Noel/Ken Assisted by Steve	Walk 1 min. Run 8 mins walk 1 min x 3. Rest and recover. Walk 1 min run 10 mins. Approx 3.4 miles running.
Homework 12th or 13th July (wk12)			Walk 1 min. Run 15 mins. Rest and recover. Walk 1 min. Run 5 mins walk 1 min x 2. Approx 3 miles running.

The schedule progresses by adding mileage per week at a rate of approximately 10%. Each time we do a short run we will then have a short recovery period and, as we increase, a complete rest at times.

The first schedule is 12 weeks and I'd like us to be able to do 3 miles in 3 months. This is not 3 miles without stopping. It is only approximate anyway, based on 10 minute per mile, but we get to the first 3 mile session in week 10 broken down as 3 lots of 7 minutes running with breaks in between.

By September the hope is that everyone can manage three miles without stopping within 40 minutes running and integrate in to the 1st established group.

There is homework. Running just twice a week will leave too big a gap in between runs to keep things flowing. The homework is a great opportunity to get together with some of your fellow newbies and make lifelong friends.

It will not necessarily be one of the easiest things you have ever done but we aim to make it as easy as it possibly could be and it will almost definitely be one of the most rewarding things you have done and you will be with a lot of other people starting from the same point as you for support with coaches on hand for advice.

Good luck

From all of your beginners coaches.

Ten minute group - 2013

Date/Coach	SESSION
Wednesday 24 th April Nette/Darren = 35 mins	Butterfly bridge turnaround 2 x 10 mins 1 x 15 mins Recovery between runs always 5 mins once all re-grouped
Weekend Run	Repeat times above with 5 min recovery in between
Monday 29 th April Nette/Steve = 40 mins	Butterfly and Suspension bridge turnaround 1 x 10 mins 2 x 15 mins - suspension bridge
Wednesday 1 st May Nette/Darren = 45 mins	Butterfly, suspension bridge, town bridge turnaround 1 x 10 mins - suspension 1 x 15 mins - suspension and butterfly 1 x 20 mins - town bridge
Weekend Run	Repeat times above with 5 min recovery in between
Monday 6 th May	BANK HOLIDAY MONDAY Home work 4 x 10 mins with 5 mins recovery between each.
Wednesday 8 th May Nette/Darren = 50 mins	Run straight from club Town bridge (Walk to road crossing and start timing after crossing Barkers Lane) 1 x 15 mins 1 x 20 mins 1 x 15 mins
Weekend Run	Repeat times above with 5 min recovery in between
Monday 13 th May Nette/Steve = 50 mins	Warm up with rest of club from tonight onwards Barkers Lane, Goldington Rd, Newnham Ave 2 x 20 mins 1 x 10
Wednesday 15 th May Nette/Darren = 43 mins plus walk/jog back	Embankment (Walk to road crossing and start timing after crossing Barkers Lane) 1 x 15 warm up 5 x 30 sec pace increase with 1 min recovery jog 1 x 15 5 x 30 sec pace increase with 1 min recovery jog Jog or walk back to club
Weekend run	2 x 20 mins with 5 min recovery in between
Monday 20 th May Nette/Steve = 50 mins	Using Willington track, and turning round at bypass bridge: 1 x 35 mins 1 x 15 mins
Wednesday 22 nd May Nette/Darren	Jog to Marina. Lap of lake which will include some 30 sec pace increases. Rest. Second lap of lake with pace increase as instructed. Rest. Warm down back to club.
Weekend run	35- 40 minutes
Monday 27 th May	BANK HOLIDAY MONDAY 1 x 35 and 1 x 15 with 5 mins recovery in between
Wednesday 29 th May Darren/Steve	Warm up to The Risings (off Queens Drive). Run some gentle hill loops. Warm down back to club. Approx 4 miles
Weekend Run	50-55 minutes
Mon 3 rd June	INTEGRATE INTO THE EASIER SESSION COACHED BY NETTE THAT NIGHT

EXAMPLE OF TRAINING SCHEDULE
Jacinta Horne, Jeanette Cheetham, David Prior,
Alex Rothwell, Noel Jones, Keith Lakin, Ange Bright

Day	Date	Training Summary	Training Detail
Mon	Apr 02	Intervals – Harder DAVID Easier CINT	HARDER - Interval run, with pace increases up to 8 mins grassy areas by the river. Approx 6 miles. EASIER - 1.5 mile warm up to Embankment flower beds. Speed work round flower beds and Castle Mound. Warm down back. Approx 5.5 miles.
Wed	Apr 04	Hills – Harder NOEL Easier NETTE	HARDER – Continuous steady run taking in the local hills. Approx 6.5 miles EASIER - Warm up to Putnoe. Fig of 8 round loop, some partner work and some cat and mouse if time. Approx 4.5 miles.
Mon	Apr 09	Bank Holiday – No Sessions	
Wed	Apr 11	Tempo – Harder NOEL Easier DAVID	HARDER – Warm up and tempo run using Willington track. Overall approx 6.5 total EASIER - Tempo of 2.5 miles using Willington track. Approx 4.5 miles in total.
Mon	Apr 16	Hills – Harder CINT Easier ALEX	HARDER - from Cint's house, 33 Harter Rd Kempston. 6.30 for 6.45 start. Approx 6 - 7 miles of steady hills. EASIER - Warm up to Bedford Park. Pyramid hill session on footpath to Robin Hill. Warm down back to club. Approx 6 miles.
Wed	Apr 18	Steady – Harder NETTE Easier NOEL	HARDER - Embankment and river to Hillgrounds, Spring Road, Progress Way, Elstow Rd, Acacia Ave, Oasis footpath. Approx 6.5 – 7 EASIER – Embankment, Kimbolton Road, Polhill Ave. Approx 4.5 miles.
Mon	Apr 23	Intervals – Harder DAVID Easier KEITH	HARDER - Warm up to finger lakes. Pace increases around lakes, plus some pairs work. Approx 6 miles. EASIER - Warm up to Scout Hut on Polhill. 4 x loops of footpath, Barnstaple Rd, Polhill Ave. Cool down Caves Lane, George St, Embankment, Club. Approx 5+ miles.
Wed	Apr 25	5K Time Trial – (New inductees with DAVID)	Club timed run at Priory Marina. All groups to participate.
Mon	Apr 30	Intervals – Harder NOEL Easier ALEX	HARDER – Various long intervals. Riverfield, Norse Rd, Wentworth Dr, Putnoe Ln/ST, Church St, Newnham Ave. Approx 6.5 miles EASIER - Warm up to Riverfield Drive Meadows. Speed work between foot bridges. Short warm down back to club. Approx 5 miles.

More About Bedford Harriers

As well as running and racing there is a highly social side to our club. On the running side our own group regularly get together for -

- ❖ A evening in the pub
- ❖ A quiz night with questions supplied by the group
- ❖ A pizza run
- ❖ A fish and chip run
- ❖ A Christmas do
- ❖ A chat around a table at the beer festival

In addition to that as a club we hold -

- ❖ A quiz night
- ❖ A mile timed run for the club charity of the year
- ❖ A Christmas get together
- ❖ An awards night

We also arrange race trips to e.g. -

- ❖ Brussels marathon/half marathon
- ❖ London marathon
- ❖ Yarmouth half marathon
- ❖ Amsterdam marathon/half marathon/10k
- ❖ Peterborough half marathon

In addition to these we have an active message board and several weekend running groups. On a Wednesday club night you can also order food before your run or just enjoy the company of many people from many different groups up in the bar after training.

We hope you find Bedford Harriers a friendly and sociable bunch of runners.



Bedford Harriers Membership Benefits

Did you know that as a member of Bedford Harriers you benefit from the following? Group training session, (Mondays, Wednesday & weekends)

- ❖ Coaching with a qualified coach
- ❖ Free entry to all races in the Three Counties Cross Country League
- ❖ Liability insurance whilst training with the club
- ❖ Free entry into the Club's London Marathon place draw**
- ❖ Subsidised coach travel to the London Marathon
- ❖ Free use of showering facilities after London Marathon
- ❖ Free entry into the Club's Volunteers' Draw**
- ❖ Subsidised running kit
- ❖ Free or subsidised social events
- ❖ Free circuit sessions
- ❖ Free track sessions
- ❖ Subsidised swimming sessions
- ❖ Frequently updated website
- ❖ Discounts at many sports retailers on production of Bedford Harriers membership card
- ❖ Free entry to some team events

** (Subject to qualifying procedures)

12th June 2012

MEMBERSHIP

As a new runner with Bedford Harriers you may gain entrance to the stadium free of charge for four weeks. In order for this to happen you will need to fill in the form on the reverse of this page.

You will see that we have included some points about the safety of running in a group which is good practice. This is for you to keep and you can take these good practices with you once you progress from beginners.

- ⬇ Section A needs to be completed and brought with you to each session to show to stadium staff so that they will allow you access to the warm up area. If you do not have this with you, you may be charged the daily rate.
- ⬇ Section B should be filled in and given back to your coach on your first session or, if you know you will be back on Wednesday, tonight would be good.

Once I have your registration form I will email you a welcome note with a reminder of what date your four weeks is finished. We have a committee meeting on the first Monday of every month at which we approve new members. I will attach the membership form to the email so that you can fill it in and have it ready for the date advised if you decide to join. Please also fill in the informed consent which is for your benefit to ensure you are fit to exercise.

- ⬇ Membership of Bedford Harriers is £20 for the year and is renewable after twelve months.
- ⬇ An annual stadium user pass is £65.54 and is essential for anyone making use of any the facilities set out on the next page. The annual user pass runs from 1st April to 31st March.

Best Practice When Group Running

Please be advised of our group practises.

1. Start and finish together on all sessions
2. If you need to finish early let the group leader know that you are leaving
3. All runners must abide by coaches instructions, which will include running to the back of the group at regular intervals to re-group and keep all runners motivated. Runners at the back are working just as hard as those at the front and deserve equal amounts of rest. If running back seems tedious, you may need to go to the next group up for more of a challenge (they won't eat you!).
4. Wait at traffic lights until all the group are there before pressing the button.
5. Re-group before we reach a zebra crossing, as drivers/cyclist may be confused if we run up to it then away from it to re-group.
6. All runners - if you have to dodge an obstacle or see an obstacle up ahead, please shout out loud to the people behind who may not have seen it. Example - "BIKE - KEEP LEFT".
7. If running in the dark, white clothing and reflective bibs or clothing must be worn. (Applicable to runs that start in the light but become dark later.)
8. Always look out for cycles, especially on dual purpose pavement/cycle paths, and shout as per point 6 if necessary.
9. All runners have a 4 week free period and then must apply for Bedford Harriers membership please see your coach, the notice board or the web site for details.

Your safety is paramount. If these practices are neglected then the group numbers will have to be minimised for safety reasons.

NAME _____ TRIAL PERIOD START DATE 24 / 4 / 13

Official signature _____ CINT _____

Use this pass to gain entry to stadium

DATE OF FIRST RUN 24/4/13 END DATE 20/5/13 Join by 3/6/13

NAME _____ GROUP- BEGINNERS OR 10 MINS

EMAIL ADDRESS (capitals please) _____

TELEPHONE NUMBER _____

Please pass to your Coach

STADIUM ANNUAL USER PASS INFORMATION

As a member of Bedford Harriers who wishes to attend training and use the facilities you will need to purchase an annual stadium user pass. At £65.54*(to be confirmed for 2013) per year this represents very good value for those able to use the stadium at every available opportunity and is still comparatively good value for those only able to attend once a week. As an annual user pass holder you have access to the following –

- ❖ Large car parking area
- ❖ Changing rooms, showers and toilets
- ❖ Lockers
- ❖ Indoor warm up area
- ❖ Outdoor warm up area
- ❖ Cabinets and notice boards to keep members up to date.
- ❖ Area for use of circuit training or other indoor training (on request)
- ❖ Indoor cool down area
- ❖ Outdoor cool down area
- ❖ Bar serving food
- ❖ Subsidy for gym
- ❖ Liability insurance

As a club we benefit from –

- ❖ Rooms in which to hold many meetings including;
 - Committee
 - Coaching
 - Planning
 - Race management
 - Social planning
 - Team management
 - Triathlon
 - Sub committees
- ❖ Storage
 - Kit
 - Race equipment

To finish I would just like to add a reminder of the location of the stadium and routes that can be accessed easily from the stadium. Not to mention in the summer when we are able to enjoy the embankment, the parks and the marina.

We do hope that all Bedford Harriers who now regularly attend training purchase an annual user card and continue to use the superb facilities. Please ask the stadium reception for an application form to fill in and mail with your membership cheque.

*Annual user card half price from 1st April to 31st March. Concessions are available at £32.77



BEDFORD HARRIERS A.C. APPLICATION FOR MEMBERSHIP

I, the undersigned, being an amateur as defined in the rules of the UK Athletics, apply for membership of Bedford Harriers Athletic Club.

Name (Block Capitals) _____ Date of Birth ____/____/____

Address _____

M/F ____ Email address _____ Postcode _____

Tel. No. inc. mobiles _____

First Claim Club _____ Second Claim Club _____

Date of resignation from any previous club ____/____/____

Are you an individual member of England Athletics? Please supply competition licence no. _____

Have you been a Harriers member before? If so, what year did you join? _____

Name of current coach (state if N/A) _____

Above details may be used for contact purposes, please see our full data protection policy on the website and notice board. Please supply a photograph with application (name on back).

FEES FOR 12 MONTHS MEMBERSHIP OF BEDFORD HARRIERS AC (12 month rolling membership basis)

18 or over	£20.00
Under 18	£6.00
Over 60 and full time students	£10.00

Please mail the completed form together with a passport size photograph and cheque payable to Bedford Harriers AC (no cash) to Club Treasurer: 21 Harvey Road, Bedford, MK41 9LF

Renewal notice for Bedford Harriers membership will be sent after 12 months.

A Stadium Annual User Card (or payment by session) is required by all paid up members attending Bedford Harriers training sessions using the facilities. To obtain a Stadium Annual User Card please collect an application form from the Stadium reception.

STADIUM ANNUAL USER CARD FEES (Card is valid from 1st April 2013 to 31st March 2014)

Standard rate	£65.54
Concessions	£32.77
Restricted Access, no use of running track	

Please mail the completed form together with 2 passport size photographs and cheque payable to Bedford Harriers AC (no cash) to Club Treasurer: 21 Harvey Road, Bedford, MK41 9LF

Please note that Bedford Harriers AC administers the Stadium Annual User Card facility in order to obtain VAT concessions on behalf of its members.

The per session rate is £4.85 or £2.45 for concessions payable at reception, (valid 1st January to 31st December 2013)

All new applications will be put before the committee for their approval at the next meeting. When accepted as a member of Bedford Harriers Athletic Club you must wear Club colours, as required, to comply with the rules of the relevant governing bodies.

I agree to abide by the rules of the Club, which are displayed on the Club notice board and website, and by the rules of the relevant governing bodies. I accept that the Club, or any individual from within the Club supervising any aspect of club activities, will not be liable for any loss, damage, action claim, costs or expenses, which may arise from my participation in organised club activities.

Signed _____ Date ____/____/____

Enquires to membership secretary at jacinta.horne@ntlworld.com or tel. 01234 307013

Approved by committee _____ Mem. No. _____ Meeting Date ____/____/____

28th March 2013