

September 2016

Hello BDRC members,

- Autumn is on its way and with the nights getting darker we would like to remind everyone to wear either a **high viz bib or piece of high viz clothing** for evening sessions. If you do not have a bib and would like one, please do email back to let us know and we will make sure a bib is supplied.
- The colder weather is fast approaching and some of us can be more prone to injuries. With this in mind, from tomorrow we will be introducing a **5 minute basic warm up at 6:55pm before the session starts at 7pm**. The session leader will run the warm up, but if anyone would like to do the warm up instead, please let the session leader know on the night.
- We hope everyone is already aware of our '**loop back policy**' which is really important now the darker nights are here. Please do try to run in pairs wherever possible, look out for each other and be mindful of larger groups separating. We will run through this at the start of tomorrow's session.
- I'm pleased to let you know our club is still growing and we now have 51 members. We like to try and run varied sessions and welcome new ideas for sessions and where they could potentially take place. If you have a session idea in mind that isn't part of our programme, please do make your suggestion heard. Approach either Gareth, Ian, Dawn or Keely.
- Until the clocks spring forward again in 2017, our Tuesday session throughout the dark nights will be 5, 6 and 7 mile winter routes. It might sound tedious but if you would like to improve your fitness, pace and measure your performance week on week, this is a good way to do it. Prior to each Tuesday session, think about how far and fast you'd like to run. Depending on pace and ability from those that turn out each week, we will try to pull together 5 or 6 main pace groups. Please don't be put off if you wish to come out for a steady jog instead, there will always be someone to run with.
- **Track nights are back** this week with the Banbury Harriers and will always take place on a Thursday evening, 7pm at North Oxfordshire Academy (formerly Drayton School). When you arrive make your way into the club house to pay your £2 fee and congregate for the session. The track session isn't everyone's thing and if it doesn't appeal or you can't get to it, we encourage you to put a shout out on the BDRC FB page as there as may be others who can't make the track session but still wish to run.
- It might be worth thinking about carrying an emergency contact number with you, or if you carry a mobile phone when you run, making sure you have an **ICE ("In Case of Emergency")** number in it (<http://www.wikihow.com/Add-ICE-to-Your-Cell-Phone>).
- We have also updated the **club code of conduct** recently, which you can find on the club website - <http://www.brackleyrunningclub.co.uk/BDRC-constitution-and-rules.asp>

Keep up your running, races and Park Runs!! Everyone is doing brilliantly. Our club profile is being raised year on year and it lovely to have such a varied group of members.