



## **GERRARDS CROSS *RUNNING* SISTERS**

Welcome to South Bucks' friendliest running club! This is a brief overview of who we are, what we're about, where we meet, and how much it'll cost you.

### **Where we meet**

Gerrards Cross Memorial Centre (up the stairs, turn left for the second flight of stairs, then straight ahead of you – just listen for the chatter).

Every Thursday, come rain or shine – unless you hear to the contrary.

7.00pm prompt (be there a few minutes early – we aim to leave on time)

### **Membership**

Subs are £12 per year at present, and are payable annually in September. Anyone wishing to come on an Ad Hoc basis can pay £1.00 per visit.

### **The other important bit – running!**

Each week, we set out to run between 3 and 4 miles, depending on individual wishes, we try to offer opportunities for different levels, and some newer members joining us are pleasantly surprised how much they improve their speed and distance only after a short time joining us. Our rules are few, but they're important, so please remember:

- In winter (September to March) please wear a fluorescent vest to ensure you can be seen. And if you can get hold of a flashing light to fix to your vest, so much the better.
- We aim to stay together – not necessarily as a whole group, but at least in smaller groups. If someone drops behind, loop round and go back to join her.
- Everyone is encouraged to be streetwise and safe when running, look where you are going and look out for yourself as well as others in the group you are with.
- GX Running Sisters is a friendly group; we talk – a lot! It's important because it makes sure that no-one is running too fast for her ability, and because it helps us to get to know each other.

### **Designated runs**

Throughout the year we usually run two routes each evening, covering a distance of three or four miles. As long as there are sufficient runners on the night, you get to choose the distance you want to run.

In winter, we stick to two well-trodden routes – one of three miles, the other of four. Both routes are reasonably well lit, compared with other possible options in the vicinity, but you'll still need to be extra careful.

In summer, there are several options, so routes to be run are chosen according to weather conditions, variety, and the number and enthusiasm of runners. Please don't whinge if the run chosen isn't your favourite – there'll be another one the following week that someone else may not like.

### **Other runs**

Other runs are organised on an ad-hoc basis, often meeting at the Memorial Centre car park; where you go and how far you run is up to those who take part. However, for those who have set their sights on a half marathon or marathon, the group has in the past offered some supportive training – please ask about these runs.

### **Other activities**

Occasionally we have special events – such as a charity run, or our annual Christmas get together (a run followed by a well-deserved meal). Organising and running these needs help from willing volunteers.

### **Organised runs**

We aim to keep you informed about organised runs in the area, from 5km to half marathons. Sometimes runners enter as individuals, occasionally we enter as a team. Either way, let us know how you get on. It's great encouragement for everyone else! Many in our group have achieved runs they would never have ever dreamt of in the past.

## **Beginners**

Each year we have a Beginners' Course so for those who are new to running or seek a gently entrance to our group – this is for you, this is a 6 week course and usually starts towards the end of March.

## **Who's who**

Pat Bacon ([pat.bacon@btinternet.com](mailto:pat.bacon@btinternet.com)/01753 893896) has been running the group for several years and is a mine of information on all things running.

## **And very importantly**

Enjoy running and everyone else's company.

## **OTHER RUNNING SISTERS CHILTERNES GROUPS**

**Beaconsfield** - The Reading Room, Wycombe End, Beaconsfield HP9 2JW  
Run night: Thursdays 7.00 p.m.  
Pat Bond 01494 520958

**High Wycombe** - Sycamore Room, St Birinus Church Hall, Sycamore Road, Booker HP12 4TJ  
Run night: Tuesdays 7.30 p.m.  
Sue Hewett - 01494 524364 or Jess Wingrove - 01494 438007

**Maidenhead** - Maidenhead Athletic Club, Braywick Park, Braywick Road, Maidenhead SL6 1BN  
Run nights: Mondays, Wednesdays and Fridays 7.15 p.m.  
Caroline Gillies - 01628 627613 Anne Roper - 01628 823847

**Princes Risborough** - Community Centre, Stratton Road, Princes Risborough HP27 9BJ  
Run night: Wednesdays 7.00 p.m.  
Denise Farmer - 01844 274645 or Sheila Cole 01844 346058

**Slough (Weds)** - Changing Rooms, Upton Court Park, Slough SL3 7LU  
Run night: Wednesdays 7.00 p.m.  
Jean Sellars - 01753 521526

**Slough (Sats)** - Changing Rooms, Upton Court Park, Slough SL3 7LU  
Run day: Saturdays 11.00 a.m.  
Jean Sellars - 01753 521526

**Windsor** - Datchet Dashers HQ, Home Park, Windsor SL4 6HX  
Run night: Mondays, 7.00 p.m. Jean Sellars – 01753 521526

**For e-mail information: [running\\_sisters@btinternet.com](mailto:running_sisters@btinternet.com)**