

# **Portsmouth Joggers Club**

## **Welcome Pack**



# Portsmouth Joggers Club



## Welcome message

Welcome to Portsmouth Joggers Club, we hope that this information pack answers any initial questions that you may have.

The club is here to help and encourage you to achieve your aims which we feel are more attainable in a club environment, rather than on your own.

This club has always been one that prides itself on catering for runners of all abilities from people who want to take up running, through to marathons (and for a few beyond!!).

We strive to help people achieve their personal goals; whether this may be to lose some excess weight, gain or maintain general fitness, take part in races, run a marathon or simply for the pure pleasure of being outside with like-minded people enjoying a run.

The current membership of over 500 spans a wide range of ages and abilities, with over half being female.

The current minimum age is 18.

## New starter team

When you arrive, ask for one of the following people who will ensure you are introduced to the appropriate group for you;

George Garratt (club secretary): [secretary@pjc.org.uk](mailto:secretary@pjc.org.uk)

Joanna Guy (membership secretary) [members@pjc.org.uk](mailto:members@pjc.org.uk)

Ian Jones (chair) [chair@pjc.org.uk](mailto:chair@pjc.org.uk)

## Membership

Membership fees are currently £12 per annum from date of joining.

We are happy to provide the first few weeks training free of charge as a taster for newcomers and after that we ask that you contact Davina to join the club – the new member form is published on the website or available at the club.

## Membership list

To assist with communication the officers of the club will hold personal data for each member taken from the membership form and that will include your e-mail address.

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# Portsmouth Joggers Club



The club prefers to contact members by e-mail to ensure swift communications and to avoid postal costs. Your application for membership shall be treated as your agreement for the committee/membership secretary to contact you in relation to club business and events.

Should you wish an email address added/deleted, please contact the secretary Georges Garratt at [secretary@pjc.org.uk](mailto:secretary@pjc.org.uk) or Joanna Guy at [members@pjc.org.uk](mailto:members@pjc.org.uk)

Members personal data will only be used to communicate club business and will not be passed on or sold to any third party.

## **Training nights**

The club is generally based at and runs from the 1000 Lakeside North Harbour, Portsmouth, PO6 3EN.

## **Week days**

The club meets on Tuesdays and Thursdays and the club announcements are made at 18:45 at the cafe just inside the main foyer. The run sessions starts at 19:00 and ends at about 20:00.

During summer daylight hours the club meets outside the front entrance to 1000 Lakeside underneath the canopies.

There is an off-road group specialising in training for trail races and long distance events that meets away from 1000 Lakeside. If that is of interest we will put you in touch with the group leader.

## **Weekends**

On Saturdays the club also meets at 1000 Lakeside at 08:45 for a longer run, usually linked to marathon training plans. A specialist off-road group meets away from the 1000 Lakeside at around the same time – please contact us if you would like more information and we will put you in touch with the group leader.

On Sundays there is a cross-country run from 09:00 from various locations. The distance is usually between 8-14 miles split between a slower and faster group. The group always meets near a cafe so that cake and tea can be consumed after the run.

The Saturday and Sunday run details are posted on the club website and on Facebook at the Portsmouth Running Group Page – see below.

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# Portsmouth Joggers Club



## Club group structure

The club is currently undertaking a review of the group structure. We will assist you by directing you to a group that should be appropriate to you. Sometimes it may take a couple of weeks to find the best group for you and new runners may decide to move to a slower or faster group.

We advise new runners to start in a lower speed group and then to move up to a faster group, rather than vice versa. That is safer for new runners, both in terms of avoiding injury and potentially not being able to keep up with the group, which can have a detrimental effect on leadership of the rest of the group.

## Club committee

Details of committee members can be found on the club website.

The club's Committee, which is elected at each AGM in April, meets once a month and is always keen to hear from members how things can be improved, and any new ideas are always welcomed.

Members can also provide feedback through the group leaders or by email to [secretary@pjc.org.uk](mailto:secretary@pjc.org.uk).

This is your club and it flourishes with each member's support and input.

## Running shoes/clothes/kit

### Shoes

Although running is a relatively cheap sport, it is worth investing in good quality running shoes. It is not advisable to run in cross trainers, tennis shoes or fashion trainers – you will quickly get injured and/or cause longer-term damage.

When buying your first pair of running shoes, it is best to get professional advice, rather than buying blind off the internet. We recommend our local store Alexandra Sports, which is located next to the Mountbatten Centre in Gladys Avenue. They provide excellent service and the club has a close working relationship with them. They can assess your running style, carry out a gait analysis on you and advise the correct shoes.

It takes time to be fitted correctly so you should allow about an hour for your fitting and please go in clothes that you can jog up the street in so that they can effectively assess you.



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## Clothes

After shoes, the next items you need to think of are wicking clothing – that is material that draws away moisture and doesn't become soaked. This is not essential, but will certainly make you more comfortable when you run and on longer runs avoid friction issues. If you wear cotton, any sweat will be held in the cotton and in turn will make you cold.

In the winter months we ask members to wear a high visibility jacket or waistcoat for safety.

## Other kit

Headphones and music is an emotive subject and if you are used to running alone they can while away the hours as you run. Whilst running with the club we ask members not to use them however for both your own safety and others in your group.

Nike/Garmin/Timex/TomTom/Runkeeper type GPS tools are very useful when you get into running, to see how far and how fast you have run and to review how you are improving. They are a splendid tool, but not a necessity at all – although you will see a lot of people before a training run with their wrist in the air trying to locate satellites for the GPS before the run commences.

## Club kit

We encourage members when competing in races to wear club vests (in certain races they are mandatory). These are blue with a white band and "Portsmouth Joggers" branding. There is a wide range of clothing that can be purchased direct from the club, please contact Jonny Langley (committee member) for more information and prices.

## Discounts at sports shops

The club has negotiated discounts with some running stores in the Hampshire area. A discount for Club runners upon presentation of their valid membership card is available from the following sports specialist shops;

- \* 10% discount at Alexandra Sports (Portsmouth)
  - \* 10% discount at Runners Need (Port Solent)
  - \* 15% discount at Just Run (Eastleigh)
  - \* 10% discount at The Run Company (Chichester)
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# Portsmouth Joggers Club



## Treatments

Injuries are not inevitable, however if you do “too much too soon”, or increase training/ mileage too fast it can happen. Should you get an injury, the first treatment is RICE (Rest, Ice, Compression, Elevation).

There are a number of physios that the club members use. If you are injured we advise you to stop and speak to one of the group leaders who can suggest a physio for you.

We like to know if members are off injured and to stay in touch. Can you please let your group leader know if you are out injured and one of the welfare officers will contact you from time to time to see how you are getting on.

## Insurance

The club is affiliated to UK Athletics and the Association of Running Clubs. The club has arranged public liability insurance for its members acting within its rules. It is up to individuals to arrange personal accident insurance should they wish.

## Individual affiliation to UK Athletics

For those wishing to turn up to the club to train or to do the odd race there is no need to pay attention to this section, however for those regularly competing in races it is beneficial to join UKA (UK Athletics).

This individual membership runs April to April. The cost for 2018-19 is £15 a year, and this enables UKA registered individuals to get £2 off entry to any UKA affiliated race (so 8 races and you have got your money back). It also gives the following benefits:

- \* Personal profile page on the Power of 10 national rankings website
  - \* Reduced entry fees for UKA licensed road and multi-terrain events (minimum £2)
  - \* Discounted products at Sweatshop such as £15 off Running Shoes, 20% off Spikes and Racing Shoes, 15% off Spring/Summer Apparel, 20% off Autumn/Winter Apparel, £15 off Cross Country/Trail Shoes. Spend over £75 on Autumn/Winter apparel (incl High Viz) and get £20 off Running Shoes and much more.
  - \* Discounts on Athletics Weekly magazine, save £6 per year on a Junior Subscription or £12 per year on a senior subscription.
  - \* 10% off athletics equipment from Eveque and Sunwise sunglasses
  - \* You will be entitled to discounts on coaching courses including Athletics Leader, Assistant Coach, Athletics Coach, Children’s Coach and Coach in Running Fitness qualifications
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# Portsmouth Joggers Club



## **Social events**

These are organised throughout the year and are publicised at the club/website/via social media

## **Website/Communications/Social media**

For up-to-date information check the PJC website at:

<http://www.pjc.org.uk/>

We also have facebook pages:

Formal PJC

<https://www.facebook.com/pages/Portsmouth-Joggers-Club/127618787343327?fref=ts>

Portsmouth Running group – social chat/newspage which is moderated by PJC

<https://www.facebook.com/groups/129643517173916/?fref=ts>

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