

NOTFAST RUNNING CLUB

Information about our Club

This leaflet is for people who may be interested in joining us and who want to find out a bit more about what goes on at NOTFAST.

What NOTFAST offers

The club is very diverse; at one end of the club we have a small number of members who can comfortably complete a marathon in less than 3 hours. At the other end we have numerous members who just want companionship & wish to run with fellow runners for fitness & enjoyment.

A number of members have progressed from the taster 10 week NOTFAST Joggers & Plodders group for complete beginners or indeed those coming back to running after a long break.

All members are equally important to us.

The Club Newsletter, "NOTFAST News"

Issued every week to members, it includes club updates, training plans, forthcoming races & race results & details of recent & upcoming social events.

The Committee

The NOTFAST Committee meet periodically to discuss matters relating to the Club. Committee members can be approached at any training night or potential members can use the 'contact' tab on this site.

Social Events.

Regularly organised throughout the year.
See the newsletter, or talk to the social committee.

The London Marathon.

As an affiliated club we receive a small number of entry places for the marathon each year. Club policy is to offer these to those that have had their London applications rejected. Places are given to those that meet the running criteria as laid down by the General Committee.

Medical Questionnaire

Please fill out the medical information on the application form. This is kept in the case of emergency.

England Athletics Registration

This is an option for our members & costs £13 in addition to club membership & holders of a registered number are entitled to a £2 reduction in race entry fees (sometimes more) at all EA licensed events.

Club membership fees

Payable annually in January.
There is no charge on club nights.

Kit

Club kit can be purchased from the chairman.
Be proud to wear your club colours!
Various other kit may be purchased, see the newsletter or just ask for details.

WHY DO YOU RUN / WHY DO YOU WANT TO RUN?

Coaching & guidance - the club have a number of members qualified to lead the Tuesday & Thursday training sessions who hold the Leader in Running Fitness or Coach in Running Fitness qualification. We meet on Tuesdays at Woods Court Residential Home, Walker Close, Off Hatton Gardens, Newark NG24 4BP and on Thursdays we meet at Flowserve Sports and Social Club, Off Hawton Lane, Balderton, Newark NG24 3EN. All our evening training sessions start at 7pm and last for approximately 1 hour.

If this is you then the club offers...

Road Running - there are an extensive number of races of varying distances throughout the year both locally & throughout the country.

The Summer League - a series of 5 to 6 mile races held monthly on a Wednesday evening (during April to August). Entry is only open to clubs affiliated to the Notts AAA. A vast range of ability spans the field which numbers over 400. There is no cost to enter, although you must wear your club colours!

(This is the one series of races to do even if you wish to do no others throughout the year!

Friendly rivalry exists between all clubs, **not to be missed**).

Team Events & Relays - events run throughout the year which includes the Christmas relays and the 24hr Thunder Run in July.

Cross Country - run during the winter months, the club participates in the East Midlands League plenty of true x/country courses. No cost to enter but again you must wear your club colours.

Multi Sport Activities - a number of members participate in duathlon, triathlon & other multi sport/adventure endurance events.

If this is you then the club offers...

Motivation & Companionship - we always prefer people (especially ladies) to run in groups. Besides being safer, people within the group will offer encouragement. Time also passes more quickly as you run & chat. You will find that groups often run together at a weekend (most likely on a Sunday morning) or go to races together

If this is you then the club offers...

Fitness - running with a club will help to bring structure & routine your running schedule. Going for a run and coming along to club nights will become part of your way of life & your fitness will steadily improve as you progress.

SO, COME AND JOIN US!

For further information contact;

Stuart Ashley 01400 281580 or Kate Fisher 07908 101872
Visit our website www.notfastrunningclub.co.uk