

Booking Training using RunTogether

1. Confirm Contact Details

If you have not already done so, you must confirm your contact details and medical declaration with Zoe: zoemith.680@btinternet.com. This is essential to comply with the Covid-19 test and trace requirements.

2. RunTogether Registration

If you have not already done so, you will need to sign up to RunTogether at <https://runtogether.co.uk/>. You only need to do this once, the first time you use the system. More details on the following pages.

3. RunTogether Booking

Book the session you want using this link: <https://groups.runtogether.co.uk/Notfast/Runs>. Detailed instructions are on the following pages. You should receive a confirmation email. If you can't make it, please cancel promptly so that the space is available for someone else. If you have any problems using the system contact Simon: salock@gmail.com.

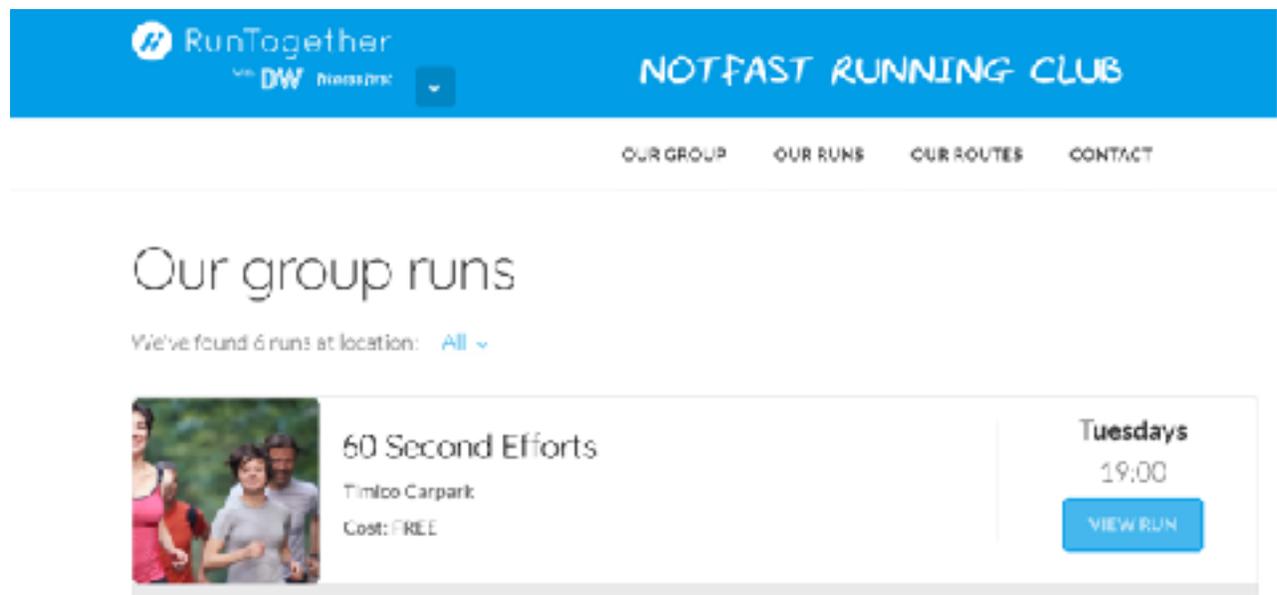
How to use Run Together

1. Registration

Go to <https://runtogether.co.uk/> and sign up with your email address and create a password. Once you are signed in, you can go to <https://groups.runtogether.co.uk/Notfast>, and add NOTFAST to your groups. If you click on "Our Runs" in the bar at the top, you will be taken to a list of runs that are available for you to book.

1. Booking a run

Go to <https://groups.runtogether.co.uk/Notfast/Runs> (or continue from where you got to after registering as above). You can either sign in now or later. Pick the session you want and click "view run". Unfortunately, it doesn't show how many places are available, but if you try to book it will tell you if it is full.



RunTogether
with DW BUSINESS

NOTFAST RUNNING CLUB

OUR GROUP OUR RUNS OUR ROUTES CONTACT

Our group runs

We've found 6 runs at location: All ▾



60 Second Efforts
Timico Carpark
Cost: FREE

Tuesdays
19:00

VIEW RUN

Click in the box to the right of the date & time, then click “Book these runs”.

About this run

A warm up, followed by 60 second efforts to the whistles at varying effort levels, and a cool down to finish

Choose your sessions

19:00	Tuesday 20 October	 Timloo Carpark	£0.00	<input checked="" type="checkbox"/>
Total:			£0.00	

BOOK THESE RUNS

If you aren't logged in to Run Together at this stage it will ask for your email address and password to log in. You then need to click the box to confirm you agree with the T's & C's and click “Book now”.

About your sessions

Runners

You (Ann Manley)

[+ Add new runner](#)

Please tick this box to confirm you agree to the [Terms and Conditions](#).

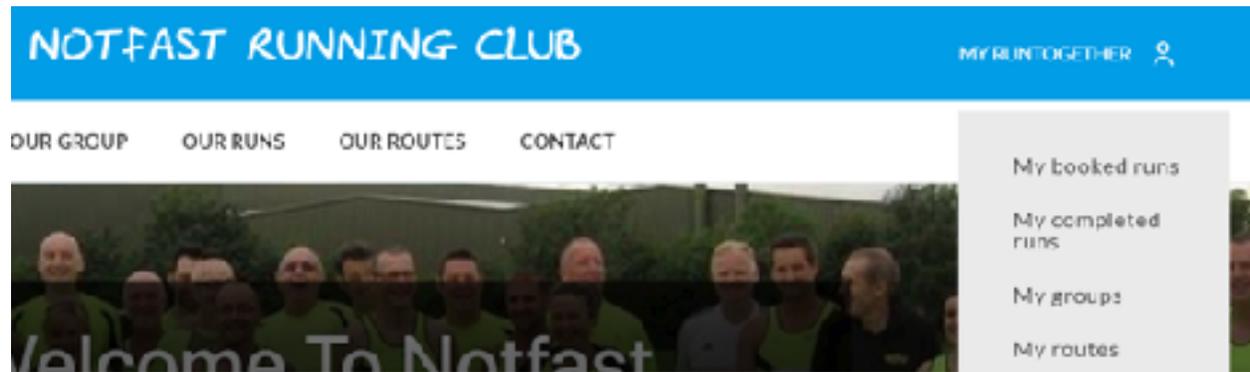
BOOK NOW

You should see a confirmation message, and if you click “continue” it will take you back to the home page. If you want to book on another run, go to the “Our runs” page and repeat the process.

You should receive a confirmation email within a minute or so, which includes contact details for the run leader. If you don't get an email, have a look at “My booked runs” (see below) to check that you are booked in.

2. Cancelling a booking

If you need to cancel a session, go to “My Runtogether” at the top RHS of the page and select “My booked runs”.



Click on the “cancel” button.

Timico Carpark

07:00PM

Tue 20 Oct 2020

60 Second Efforts

CANCEL

You will be asked “Are you sure you want to cancel?” - click cancel again, and the run will say cancelled against it. You don’t receive an email for a cancellation.

If you have any problems using the system contact Simon: salock@gmail.com.