

Better Together - Why Join a Running Club?

Running may not be a team sport but that doesn't mean you have to go it alone. By joining a running club, you can become part of a team effort while also seeing your individual performances soar. In the UK, there are hundreds of athletics and running clubs who are always open to new members. Athletics clubs cater for sprinters, jumpers and throwers as well as middle to long distance runners and tend to enter more track competitions as well as road and cross country races. They can be more expensive to join than just a running/jogging club, which are generally aimed at long distance roadrunners. See which clubs are available in your area and see if you can join them for a training run to see which you like best. Most clubs will allow you to join in for a few sessions before deciding if you want to become a full member and will always offer a warm welcome.

Here are our top reasons for joining your local club:

Variation

By joining an organised group run, you can explore new routes you might not have discovered on your own – or that might not be safe for you to head out to alone. Clubs also run sessions such as mile reps with a timed recovery, that you might not have had the inclination to do on our own and which will make a change from your usual run.

Company

By chatting while you run and being encouraged along by the people around you, you'll find the workout passes by much quicker than usual.

Improvement

By running with others, you can try and push yourself harder by trying to keep up with someone else or running for longer than you might have done on your own.

Friendship

Joining a running club is a great way to meet new friends from all walks of life. While your non-running friends may quickly get bored about hearing about your latest race preparation or your satisfaction at getting a personal best, like-minded people at your running club will be more than happy to listen and compare notes.

Support

Running clubs are full of experienced runners and trained coaches who will be able to share their wisdom with you and help and encourage you to achieve your goals.

Cost

Running clubs usually charge an annual fee to join, which could be as little as £10. Otherwise they might offer a 'pay as you run scheme' where you pay a fee such as £1, to join each session you attend. Overall the cost will be far less than joining a gym. Many clubs also offer free entry to local races to club members.

Routine

It can be difficult to fit a run in when you have a hectic schedule. But as clubs meet at a set time each week to do a run or group session, it's one run you can plan in your diary for the same time each week.

Team spirit

Racing in a club vest can bring you a great sense of pride and your team-mates will never fail to cheer you on. At some races, team prizes are available to give you extra incentive to push yourself to the finish line.

Discounts

Some specialist running stores offer discounts to running club members so it's another way you can save some money. Individual clubs might also have different sponsors who offer freebies or discounts to members.