



NORTHSIDE RUNNING GROUP INC.

2010/11 Membership Registration and Renewal

If you do not wish to join on line at www.nrg.asn.au; please complete the form below and mail to the address overleaf or hand it to the Registrar or any Committee member with your payment. Or direct-deposit, details over. Ensure you read and sign the participation waiver. Membership registration will not proceed until you have signed.

MEMBER DETAILS

Please print clearly!

I am a current or recent NRG member

This is my first time as a member of NRG

First Name: _____ Last Name: _____

E-mail _____

*Note: This e-mail address will be used for sending NRG Weekly E-mails which announce weekly runs, special events and other information for members. Please tick here if you do **not** wish to receive them.*

*Existing members, please complete only the fields that have changed since last registration.
New members, please complete each field.*

Address _____

Suburb _____ State _____ Post Code _____

Primary Contact Tel _____ Home Business Mobile

Date of Birth / / Occupation _____
 dd mm yyyy

Emergency Contact (Optional) _____ Phone _____

First time members:

How did you hear about NRG? From a Friend: From an NRG Member:

CoolRunning Web site: Web Search:

From a fitness coach Six Foot Track Website:

Other: _____

Northside Running Club is run by volunteers and relies on all members to help out from time to time. Please indicate below where you would be prepared to help out (please tick all that apply; if you are not sure what any of the roles entail please contact any committee member for assistance).

- Lead a group on run (following directions from run leader, take a sub group at nominated pace)
- Host a run (plan a run and provide directions to the runners and group leaders – usually providing maps and or directions to the group leaders)
- Assist with planning and organising social or education events
- Assist with drinks/aid stations on longer runs
- Join the NRG committee

Please see over

Running with NRG



At NRG we run in groups for the benefit, safety and enjoyment of all our members. We meet under the direction of a Run Host who leads us to a warm-up area where we split into groups according to pace. Each group is allocated a Run Group Leader to guide the pace and direction. This is to enable everyone to run at a smooth pace with minimal stopping, and within a manageable sized group for everyone's safety.

How you can help support the group's goals:

Make sure you can be seen, especially while running at night. At the very least wear light coloured clothing (the NRG top is ideal!). Reflective arm bands or those with lights are also a good idea to help you be seen by traffic, pedestrians and your fellow runners who will be looking out for you.

Follow the instructions of the Run Host before we start out, and the Run Group Leader during the run. As we head off to the warm-up area, we are a very large group and must be extremely careful with traffic. Always wait for the walking sign at lights and take your time when crossing busy roads - you won't be left behind.

Choose the right group to run with – Runs are generally split into 4 pace groups according to how far and fast you want to run. The 4 way split is structured to encourage you to step-up when you feel able, or drop down if you're not up to your usual level. If you find that you can't regularly keep up with a particular group, please step down until you're ready, so each group can maintain a consistent pace.

Feedback is encouraged so we can continue to provide a great running experience for everyone. After the run seek out the Run Host to provide feedback on run group dynamics; route finding; timekeeping and safety issues. Better still, feedback can also be given direct to the club Run Coordinator by email to running@nrg.asn.au

During the Run:

We all want our runs to be a safe and enjoyable experience. Sometimes as a 'pack' we tend to take risks and ignore dangers that we wouldn't on our own. To combat this, it is important that the group keeps reasonably compact and that you help the Run Group Leader by following these basic rules.

Always keep the Run Group Leader in view – if you are too far in front, loop back (i.e. turn around and run back to the main group – you'll get a better workout too!). If you are too far behind try and increase your pace. Let the Run Group Leader know if you are struggling to keep up.

The group will stretch out occasionally, when it does, it is the Run Group Leader's responsibility to harness it back in – please assist him/her.

Do not cross pedestrian lights that are green unless the whole group can safely cross the road as one. Do not chase a group across a red light. It is the responsibility of the front group to loop back/wait for the back of the group, not for the back of the group to catch up.

Running with NRG, continued...



Crossing roads without lights should be avoided if possible, however, if not, then cross the road safely by avoiding crossing at corners or diagonally, and gathering as a group before you cross. Those in front of you won't be looking out for you for traffic, so please be mindful you are individually responsible at all times for making all decisions in relation to crossing all roads safely.

Run on pavements at all times. Never run on the road other than for the purpose of crossing the road in accordance with the basic rules outlined above.

Report slow runners / injuries to your Run Group Leader.

Be alert to any dangers – calling 'car up' for front traffic, 'car back' for rear traffic, or pointing out potential trips or obstructions is always well received.

If you do have to drop back or retire for whatever reason, you **must** advise the Run Group Leader, either yourself or through others in the group. Do not attempt to return on your own without clear directions. In such circumstances it is highly likely that the Run Group Leader will ask that you are accompanied by at least one other, please abide by their judgment.

A Note for/about Run Group Leaders

The Run Group Leaders are the most important people for making the run a safe and enjoyable experience. There are a few basic rules that you should follow if you are a Run Group Leader.

Lead from the front, you must monitor and dictate the pace that best suits the whole group, not the fastest in the group

The group will stretch out, when it does, use the loop-back method of running up a dead alley, or back on yourself to re-gather. It is recommended you do this early to assure the slower runners they won't be left behind. For best enjoyment, don't pre-warn the front runners they are on a loop back!

Do not cross roads when the pedestrian lights are green unless the whole group can safely cross as one. Cross roads without lights safely, avoid crossing at corners or diagonally, gather as a group before you cross.

Run on pavements at all times – you lead, the rest will follow.

Monitor slow runners and check on injuries, team them up with 'buddies' if they cannot keep up as a last resort. Do not leave any runner stranded.

Feedback is welcome. At the end of the run do let the Run Host know how things went.

And remember, the best runner is the one having the most fun. Happy running!

If you have any feedback or comments on this Running Guide please email running@nrg.asn.au

Northside Running Group www.nrg.asn.au