

## Run

Triplings have a long run scheduled each week, usually on a Sunday morning but this can change depending on season, and a variety of other run sessions throughout the year.

### Run Etiquette

Group running can be about compromise. Not everyone is going to be of the same pace. Sometimes, faster ones may need to slow down or establish an agreement that everyone will wait at a pre-determined point or at the end.

It isn't very "group-like" to try and burn everyone off, pick a pace and stick to it, unless it is an agreed Fartlek session (see below).

A Fartlek (Swedish: Speed-play) session is an informal interval session, for example, selecting a lamppost or tree to run to at a harder pace, or slow down at. This is an agreed session between group members.

The runners "blow" or spitting. Same deal here as the "biky blow". Not a good look, but if you must, move away from everyone else. Hankies don't cost much!

No pets. Sorry! Even if very well behaved. Unless you are running on your own.

### Equipment

Shoes	Running worthy, in good condition. You don't want to end up with an injury. Keep a tally of how many kms your trusty runners have covered.
Socks	Good quality socks are essential to guard against blisters.
Hat	Not essential, but recommended for the Aussie summer.
Sunnies	Again, not essential but recommended. Not your fancy Jag or D&G brands either. Get yourself some sporty ones.
Clothing	These days good quality light-weight wicking fabric is very cheap. It is much more comfortable to wear than cotton t-shirts.
Elastic laces	Great for racing in, not great for training, especially on the long runs. They do not give enough support. Traditional (non-stretchy) laces are recommended for training.
Drink	Not essential for short runs (less than an hour), but worth taking if on a long run or in hot weather. Drinks belts are available from good sports stores which allow you to carry a large drink bottle or several smaller ones.
Watch	Not essential, but handy to monitor your training.
HR monitor	Not essential, but some coaches advocate their use.



Lights	Can be handy for night runs.
Phone	Not essential, especially these days with the larger phones, makes it difficult to carry. If you are not taking one with you, make sure someone knows where you are and when you'll be back.
ID	ID bracelets or shoe tags are recommended. These have emergency contacts and any medical information on them in the unfortunate event of an accident.
iPods	Not very sociable to be listening to music on a group run, but great for those solo efforts. Just be aware of traffic and fellow path users.
Lube	Great for those rub spots; under the arms; HR monitor straps; on your feet; Men – nipples; Women – bra straps.

