



Plymouth Coasters

Club Night Format – My Story

Hi

If you have found this document, you would be wondering what we do on a Plymouth Coasters Club night. Each club is different it will have routines and arrangements in place.]

Lets try and explain everything from the start. Hopefully this won't put you off coming and joining in. I'm going to assume you know how to get to Brickfields Sports Centre, Madden Road Devonport. The Sport Centre is a relatively new venue for the club, we have been in this locality for the past 25 years but this venue has the best facilities we have ever had. So let's tell you about our club night.

If you are in the car there is often on street parking outside the centre or an excellent car park at the end of Madden Road on the right hand side (shared with Albion). Come up to the main entrance of the centre and we hire a secure small room just inside the entrance on the left. You don't need go past the reception. The friendly reception staff will always direct you if you say "where are Plymouth Coasters"? Pop your head in the room and say hello. If you arrive early around 18:15 ish there will be one of us in the room, stretching scrolling our phones or even sitting on the wall outside the centre. Check out the Whos Who (website), one of is always there early. If we know you are coming, we will keep an eye out for you. The norm is to arrive dressed for a run and of course we all bring a bag full of running stuff that we think we need but never use. AH! Bring your favourite drink to keep hydrated before the run. Yes, plenty of Loos



available. If your running late from work there changing facilities and we always secure the room when we go for a run.

Once your with us we will have a chat to find out what you want to do. Yes, what you want to do not what we want you to do. This is about finding out what you want from the club run. It might be to climb Everest, run a marathon, crack a half marathon or try on of those 10k events your mates are always on about. Or, heaven forbid loose a few inches of that waistline (that's why I do this). We will find out and buddy you up with somebody. While all this is happening the club members start to arrive in dribs and drabs and start chatting about their latest injury or a recent training run. We start discussing some routes and preferred distances. Some want a gentle jog around, no more than 3 miles, catching up on the past week. There are few of us middle of the road "athletes" 4-5 miles at 10-11min/mile pace that stick together. Of course there's a few who want to stretch this a bit further taking up a 5 to 6 miler at faster pace. Don't bother about your pace we will go at yours while we are getting used to each other we will find a running buddy for you. We are then called to order by one of the club officials, big up those who have run an event in the previous week and then safety brief (yep H&S stuff on the website). Sign yourself out on the pad on the table.

The enthusiasm to start is varied but we all normally set off in a large group the same direction., running with our nominated/ chosen "buddy". As we are a Devonport based club the summer runs inevitably take us toward the sea. Its great to run on a summers evening catching that sea air. Routes vary but we are often seen around Mount Wise, Royal William Yard, Devils Point, the Hoe and Barbican. On a darker winters night, we



may run along the Dockyard wall, St Levans Road, Central or Victoria Park and around Plymouth City Centre as well as our favourite Barbican route.

When you get back, sign in and if we remembered the tea bags there's a enough stuff available to make a cup of tea, forgot to tell you at the start of this story bring your own cup. There is no formality at the end of the run just a general buzz as a few check the Garmins or Strava. You don't need to hang around as we realise everyone has somewhere to be. Stay to chat and relive the run or make a dash as you did not eat before you ran.

That one week done. Think about that membership request and those bragging rites that you are now a member of a running club.

Just wait until you enter one of the local events as a Plymouth Coasters, with that new club kit. It feels great to be in a club running with your mates or for a personal goal.

Hope I have not put you off. Give us a try.

See you on Thursday

Thanks

Ian