



## **NEW CLUB FORMAT AND MEMBERSHIP | APRIL 2023**

### **Annual membership fee**

As of the 1<sup>st</sup> April, all current members will be required to re-join the club and select paid annual membership. The one-off annual fee will be £18 and this will include your insurance to run with the club and cover you for third party cover whilst running. As a paid member, you will have full access to the 'password protected' guided trail runs on the website including GPX files and route maps. You will also be invited to a new member-only WhatsApp group chat.

### **Guided runs price increase**

Starting the 1<sup>st</sup> April, all guided trail runs will be graded by distance, pace, and price to run. Short and Medium guided runs 5 – 15km £4, and Long Training runs 16 – 30km £5. SUUNTO Team Races and Mountain Challenges will also be £5. The format is still pay-per-run, you can either pay cash when you attend the run, bank transfer for individual runs, or block book. As an example, you may choose to transfer £20, I will then deduct the relevant run amount each time you run.

### **Incentivise and gamify**

From the 1<sup>st</sup> April, each run you attend will score you points, these point will be displayed on the website as a leader board, and as they build you can exchange them for free runs, race entry, mountain challenges, or group trail run workshops.

### **More choice, a variety of paces, and more guided runs!**

For the months of April – June there will be a greater choice of runs listed with two Sunset Trails each week on Monday (slow pace) & Thursday (faster pace) at 7pm, two Long Training runs a month (slow & faster pace), SUUNTO Team Races (details below), and a new Double Distance format on Saturday and Sunday. The DD runs will offer a choice of two distances at the same run with a choice of pace (slow or fast), an example might be 6km & 10km. This new DD format should cater for those looking to get in to trail running whilst still catering for the runners that prefer a longer distance with faster pace.

### **SUUNTO Races**

Each month there will be a SUUNTO Team Race. If 12 members enter, the 12 are split into two groups of 6. Each team selects a team captain, and the captain is given a SUUNTO watch with the trail route. One team starts clockwise, and the other team anti-clockwise. Together, each team will support their captain to navigate the route on the watch and complete the trail loop as quickly as possible as a team. The first complete team back to basecamp win!