



PAARL ROAD RUNNING CLUB

NEW MEMBER INFORMATION

It's not the
distance,
it's the
perseverance.

"If you've never had a bad day running, you're probably doing something wrong. If you've never had a good day running, you're definitely doing something wrong." — Mark Remy



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1. Club Information

All club related information can be found on our website:

<https://paarlroadrunning.co.za/>

On the website there is a link to join the whatsapp group. This is the best place to get information on weekly runs, club runs, races etc.

<https://chat.whatsapp.com/KsATS1qUx8eACZ3JLcOnD7>

For all the latest information follow the Paarl athletics Instagram page:

https://www.instagram.com/paarl_atletiek/?hl=en



2. The “Steering Committee”

These are your ‘go to’ people.

Hennie Loots	0827483294
Cornel Stander	0836446299
Lizel Oldewage	0834651675
Alec Rossouw	0832989019
Elizma Esterhuysen	0794977125
Leeuwner Esterhuysen	0791815107
Alewyn Kitshoff	0793925212
Charmaine Viviers	0744948598



3. Races & Club Kit

Important Race Information:

- a. Paarl athletics club members must wear the official Paarl club vest with their ASA license numbers (one at the back, one at the front).
- b. Shorts/tights/skorts must be navy blue.
- c. Some races have their own license number/s which must be worn over your ASA licence at the front of the vest;
- d. If no race number is issued (only the pink card) both your ASA license numbers must be worn, i.e. front and back.
- e. No member is allowed to “lend” their ASA number to another person for a race. This is mostly for medical reasons as your number is linked to your specific profile, and non-compliance can lead to fines and disqualifications.

It is an ASA rule that club members must wear their official race kit when competing in any official ASA race. Non-compliance can lead to disqualification and/or fines to the member and club.

Members must also please familiarise themselves with ASA and race rules when competing in races.

It is important to note that to qualify for a team prize the official club gear should be worn during the race otherwise they will forfeit the team prize and it will be awarded to the runners up.

Our club gazebo will be at some races this year - there will be snacks and a few drinks. This is also a great opportunity to meet fellow club mates and to share your “war” stories.

Where can you get your official Paarl club vest?

You can buy our official club vests by ordering online at our website shop

<https://paarlroadrunning.co.za/shop/>

Instructions on where to collect will be standardised shortly, but in the meantime this will be arranged and communicated individually as orders are received.

Vests are currently R340 each for members, so make your payment and send your proof of payment to info@paarlroadrunning.co.za and you will be advised of the collection point for your order.



4. Other Club merchandise

Please visit the online shop to see an updated list of other club merchandise available.

<https://paarlroadrunning.co.za/shop/>

Currently we have different design socks, caps and bibboards.

We'll add items occasionally, but this will be communicated via the whatsapp group.

5. Club Runs

We endeavour to organize social club runs once a month this year. Club runs will usually start at a central point somewhere in town (usually Plato 1.0 in Main road).

Distances and formats of these runs will vary, so keep a look out for details on the whatsapp group.

We cater for all runners. The idea is to build a community where we support and motivate each other to keep moving

Runs for the week are communicated in advance on the whatsapp group.

Usually on Tuesdays we are allowed to use the track at Dal Josaphat Stadium. Please note that this is only for club members.

On Fridays we usually have coffee runs with distances varying between 7 and 11 km and will end at a coffee shop for those who would like to grab a coffee afterwards.



6. Safety on the roads:

- a. Where possible do not run alone.
- b. Tell somebody or leave a note at home about where you plan to run, and how long you will be out.
- c. Don't assume drivers can see you. In fact, imagine that they can't see you, and behave accordingly.
- d. Face traffic – it is easier to see and react to oncoming cars.
- e. If traffic gets heavy or the road narrows, be prepared to move to the sidewalk or shoulder of the road.
- f. Wear high-visibility, brightly coloured clothing. Before sunrise/after sunset, reflective materials are a must, use a headlamp or handheld light so you can see where you are going, and to ensure drivers can see you.
- g. Avoid using iPods or wearing earphones, you need to be able to hear approaching vehicles. If you do use headphones, run with volume low and just one earbud in.
- h. Watch the hills, when a hill crests drivers' vision can suddenly be impaired by factors like sun glare or backdrops.
- i. Steer clear of potential problem areas – entrances to parking lots, bars and restaurants where there may be heavy traffic. Also areas that there have been recent incidents with criminals.
- j. At odd hours be extra careful. Early mornings and late at night, drivers may be overtired and not as attentive.
- k. At a stop sign or traffic light, wait for the driver to wave you through and then acknowledge with your own polite wave. That acknowledgement will make the driver feel more inclined to do it again for the next walker or runner. Use hand signals to show which way you plan to turn.
- l. For group runs, always ensure you know the route well and have running buddy who runs at your same pace. Remember – safety in numbers and it's always better to have someone who's also had eyes on the route in order for you to not get lost.
- m. Not so much a safety factor, but we will not tolerate anyone littering while running. If we should catch anyone throwing a gel wrapper on the ground and not in a bin, be sure that you will be reprimanded.

Stay Safe and Happy Running!