

# Galloway Runner's Rules Of The Road

## SAFETY FIRST

Group Leaders will always do their best to look out for the safety of the group, but contrary to popular belief, they are NOT infallible. SAFETY IS ULTIMATELY YOUR INDIVIDUAL RESPONSIBILITY! Please look both ways to ensure the road is clear before crossing.

## EMERGENCY CONTACT

Group Leaders will ALWAYS carry a cell phone in case of emergency. Additionally, we maintain a list of all members and their emergency contact's name and telephone number. Hopefully we never need to use this list, but other have . . .

## RAIN

If it is just raining, we will run. It might be raining on your marathon day, so training in the rain may come in handy. Sometimes the rain can be a welcomed relief from the heat...sometimes. If there is LIGHTNING in the area, we do NOT run. NO EXCEPTIONS!

## WATER BOTTLE

Water bottles are REQUIRED on all runs over 10 miles. We encourage everyone to find a water bottle and carry it with you, even on shorter runs. Group Leaders may refuse to allow you to run with the group if you do not carry water. Dehydration is one of a marathoner's worst enemies and can occur even before 10 miles, especially on particularly hot and humid days. Like going out too fast, when one becomes seriously dehydrated, you cannot recover from it during a run. Only rest and hydration will help.

## LEFT SIDE OF THE ROAD RULE

Anytime we are running on a road with no sidewalks, we should run on the left side of the road, facing traffic. As someone so eloquently put it one day "you want to face death head on". When sidewalks are present, we may choose to run on the right side of the road based upon the quality of the sidewalks and depending on our next turn, but otherwise, **LEFT SIDE PLEASE.**

## CALL OUT HAZARDS

Group Leaders and others, should call out "CAR UP!" or "CAR BACK!" If you are at the back of the pack and see a car approaching, please call out "CAR UP!" If you see some other hazard, such as a puddle ("PUDDLE!") or rock ("ROCK!") or branch (you get the idea) or speed bump in the path, please call it out. We do not need any injuries from someone tripping over something, especially when we are bunched up a bit as more than one runner could fall. 62

## **INJURIES**

It is important to let your GL know if you start to experience any nagging aches or pains resulting from our runs. By catching issues EARLY, we can usually avoid more severe injuries later. Sometimes, it may be necessary to reduce your mileage or consider moving you to a slower running group to avoid injury - DON'T TAKE IT PERSONALLY. One of the major goals of this program is to RUN INJURY FREE. The program incorporates the walk breaks and sets mileage in order to minimize the chance of injury during the training process. Finally, as Jeff states in his "Galloway Training Programs" book, it is OK to be tired, particularly after a long run. But, if you are so exhausted that all you do for the rest of the day is lie on the couch, or are very sore, you probably have run too quickly. So, AGAIN, PLEASE LET US KNOW AT THE FIRST SIGN OF INJURY - this is important for you and important for the group.

## **LEAVING SOMEONE BEHIND**

It's never a good idea to leave someone behind, alone, even a veteran runner. The GL (or another responsible person) should drop back with the person having problems, and let the group run on, or the whole group can slow down together depending on the circumstances. WE ARE ALL IN THIS TOGETHER and supporting each other is part of the process.

## **"RESPECT THE DISTANCE"**

As you will discover over the coming training program, there are a lot of aspects to that statement. Successfully running long distance is not about speed, it is about building ENDURANCE. You can have all of the speed in the world, but if you have not built up the endurance to sustain it, it will not do you much good.

**See you at the finish line!**