

# Running in a Group

In our training everyone runs (jogs or walks) in a group. Groups are organized by marathon ability so you can get fit and keep up easily during program workouts.

**Leaders.** Each group has a group leader and at least one assistant group leader.

- **The Group Leader (GL).** The GL is responsible for promoting group attendance and morale, as well as implementing the director's workout plans.
- **Assistant Leaders (AL).** The AL supports the group leader by knowing the workout plan and keeping the group safely on-pace and on-course.

**Participants.** Each participant has a role to play within the group context.

- **Veterans.** Set an example by mentoring newcomers, attending regularly, and keeping program rules and standards (see below).
- **Newcomers.** Become assimilated into the group culture by supporting a buddy and learning from a mentor.

**Ability.** Each group has its unique athletic ability, i.e., your slow pace is its slow pace.

- **The Right Group.** The right group is the one in which your marathon ability can grow because you do not train too hard or too easy, but just right.
- **Wrong Groups.** We find that trying to keep up with a group that's too fast for you leads to discouragement, colds, injuries, and disappointing races.

**Rules.** We support one another to follow these rules.

Stay behind the pacer.

Clear for pedestrians; watch for cars.

Expedite restroom breaks.

Be ready to run before the stretching.

Change groups if called on to do so.

Tell the leader if you leave the group.

**Standards.** All athletes should strive to meet the following standards:

- **Names.** Know everyone's name.
- **Workouts.** Come to all scheduled workouts.
- **Diaries.** Fill out the program diary after every workout.
- **Friends.** Make friends and support them however possible.
- **Discipline.** Learn the basic principles of our training discipline.
- **Injuries.** Move to a slower group (even the walkers) while injured.
- **Illness.** Never come to workouts with cold-like or allergy symptoms.
- **Announcements.** Weekly announcements are posted on our group's page.
- **Take Care.** Rehydrate and change into warm, dry clothes after running.
- **Pacing Plan.** With your group's assistance, develop a pacing plan for races.
- **Races.** Finish the practice races and the marathon without crashing.
- **Pacing.** Purchase and use a GPS monitor for pacing purposes.
- **Racing.** Do the races with a pacing plan and a GPS monitor.