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# VILLAGEGAMES

Derbyshire



Ideas for your village,  
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## High Peak Running Group gives tips on: Establishing an informal running or jogging network

Liz started this group in 2005 by putting fliers around the village and surrounding area “Lady Runners” looking for other people to run with for fun, safety and motivation.

Those interested were invited to email the co-ordinator, who established an email group. This has grown over the years to include about 30 people of all ages and abilities. People come and go, have babies, move to the area, re-join, retire or get inspired by an event.

### How does it work?

- Liz sends an email every Sunday night.
- List of times and types of run that she knows are planned that week.
- Try to keep a fairly uniform plan, so people get used to it.
- Other people reply, to let people know if they have other plans in addition.
- Liz emails details of forthcoming events, races and social activities.
- Liz runs an annual Jog Derbyshire course to bring in new beginners- usually to coincide with New Year resolution time!

### Benefits:

- Zero cost (except the cost of the initial fliers)
- Totally self running group.
- Informal. Safety in numbers, friendships grow through the group.

### Drawbacks:

- As an unattached group, there is no injury or public liability insurance. People run at their own risk. This could be overcome by the group affiliating to UK Athletics as a club.

### Example ‘Schedule’ – no one does all these runs!

- Monday: 2 runs- one off road, hilly (60 min), one 45 min flat road.
  - Tuesday: 3 mile flattish road
  - Thursday: 4 mile flattish road (head torches in winter)
  - Friday: Mums shared care run- group meets at the house of a willing host, take turns to run in small groups, and look after each others’ babies and toddlers (this is a smaller groups who are already friends and trust each other!).
  - Saturday: 60-90 min fell run
  - Sunday: longer road run
- For more information, email [liz.stillo@dsl.pipex.com](mailto:liz.stillo@dsl.pipex.com)

