



### **A Guide to Group Runs (Muster Running)**

As with all activities which involve a lot of people there has to be some basic principles which we adhere to whilst running in order to keep us all safe and make the runs enjoyable for everyone.

1. When running in the dark we always wear Hi-Visibility tops or jackets.
2. If it's one of our TrAle runs, head or hand torches are always required.
3. We don't wear headphones so we hear instructions and warnings from the run leader and each other. We also want to encourage friendly conversation with one another (when breathing allows!).
4. If you are too weary to continue the run to the next official cut-off, you must let the leader know. It is not enough to whisper something to a friend. It is very worrying for the leader to find that he has mislaid one or two runners.
5. Finally, the above guidelines are an attempt to keep yourselves and others safe when we are out on a Club run, but it is you who is ultimately responsible for your own safety.

### **What is a muster run?**

A muster is when the front runners reach a pre-defined point (muster point) on the run, as directed by the run leader, and proceed to turn around in an arc and start to run back in the opposite direction. When they get past the runner running at the back (back marker) they then turn around and start running forward again. If they get back to the muster point before the back marker they should muster again until the back marker has reached this point.

Mustering allows people to run at slightly different speeds, but keeping us all together as a group. It allows everyone to run at their own speed without anyone being left behind and gives the faster front runners an opportunity to get more miles in.

Please follow these guidelines to make sure the muster works safely for all:

- ✓ Always run on the left when mustering
- ✓ Please run in single file when mustering so that there's room for runners in both directions
- ✓ Feel free to "high five" your fellow runners when they're running in the opposite direction 😊
- ✓ Unless you're injured or really struggling, please don't stop and congregate at the muster point, try to keep moving. You can always jog easy back to the back-marker and use it as a breather.