



GRIFFITH FERAL JOGGERS

# Information sheet



WE RUN – Rain, Hail or Shine!

## Weekly runs

We meet every Saturday afternoon at the water tower opposite Pioneer Park for a 4:30 pm start (changes to 5:30 pm start during daylight saving). Please arrive 15 minutes before the start time for the race briefing (includes club announcements). The race director will assign you a buddy of equal ability your first time out.

## Courses

Runners and walkers have a choice between a short course (~3km) and a long course (~6–10km) each week. Courses are marked with arrows and change every 8–10 weeks. Course maps and the arrow to follow are displayed on a sign at our meeting area. This information is also on our website.

## Competitions

We run 5 (sometimes 6) competitions per year, varying in length from 5 to 11 weeks. Points are awarded for each run and the person with the most points at the end of a competition is declared the winner! There are also a few one-off runs during the year.

## Handicap times and the clock

We aim to give everyone a chance of winning a run and a competition. Each runner is given a handicap time at check in each week that reflects their running ability. At the start line is a clock. When the clock reaches your handicap time, you start your run (or walk).

## Shoe tag and the mat

All Ferals wear a shoe tag. This records the time you start your run and the time you finish it. When you cross the mat at the start/finish line you will hear a beep, indicating your time has been recorded. Remember, 'no tag, no time'. It's also a safety thing.

## Membership

Individual and family memberships are available. Membership is paid annually and due the first week of November, after the annual Joggers Dinner. Membership can be renewed online via our website.

## Wet and extreme weather

If it is too wet and on days of catastrophic fire danger, we run our alternative track (Lake Wyangan bike track). We meet at the start of the track (cul-de-sac at the end of Wyangan Ave). A map is on the website. Notice is given on the Ferals Facebook page if possible, but if you don't find us at one venue, try the other.

## Weekly results

The results for each run are published on the website. Head to [griffithferals.org/events-results](http://griffithferals.org/events-results). There is also a weekly write up on the highlights of that week's run. Note: Your first run [time] might be manually adjusted to maintain fairness to other runners (the race director can provide more information on this).

## Website

The Ferals website can be found at [griffithferals.org.au](http://griffithferals.org.au). This is your bible for everything Ferals! Events, results, frequently asked questions, course maps, news, photos, membership, the Joggers calendar, the Joggers dinner and more....

## Facebook

The Ferals Facebook page is a closed group. Once you join the club you can request to join. Search for 'Griffith Ferals' on Facebook. This is where all important updates are posted so being part of this group is highly recommended.

## Policies and club rules

It is important to be aware of the policies and rules of our club. These are accessible from the Membership page on the Ferals website. Most are there for your health and safety, and that of other Hill users. Please abide by them.

## Committee

The club committee meets every month and member feedback is welcomed and encouraged. Committee members are listed on the website. Chat with us in person at the run or email [joggers@griffithferals.org.au](mailto:joggers@griffithferals.org.au).