#

# Eastbourne Rovers AC Road Runners

## Membership & Joining Information

## Welcoming Runners of ALL Abilities

The road running section of Eastbourne Rovers Athletic Club, is a fun, friendly and safe environment for you to run and train with other people of similar abilities. We have 7 different pace groups to cater for all abilities from beginners through to experienced racers of age 18 years up.

### Training Meets

Official training runs are every Tuesday and Thursday at 6:30PM. Please see the timetable in the Road Running section on our [website](http://www.eastbourneroversac.co.uk/), Facebook group or the club notice board for details.

### Where

In and around Eastbourne. See the timetable for details. Our clubhouse is at:
[*Eastbourne Sports Park, Cross Levels Way, Eastbourne, BN21 2UF*](https://www.google.co.uk/maps/place/Eastbourne%2BSports%2BPark/%4050.7898743%2C0.2698486%2C17z/data%3D%213m1%214b1%214m2%213m1%211s0x47df7163976a7b51%3A0x75e0db72d7491bb5).

Parking is available at the Sports Park in the evenings. For some of our other meeting points you will need to park on the road. Please be considerate of residents.

### Runs

Official club training runs are as per the timetable only. Please see the timetable on our website, Facebook group or notice board for details. There is also a [*bank of runs*](https://static.wixstatic.com/ugd/d36705_f97b3e88b3e647699914e466ae05f5ad.docx), which contains online maps of the routes for each group. Please try to familiarise yourself with the routes, although you will not be running alone, it’s always good to know where you are going! The pace for each group is defined on the timetable.

### Costs

Annual Membership runs from April to March. We recommend you include UKA affiliation.
**£53.00pa** includes £16\* UKA membership (\*from April 2020).

**£37.00pa** – non UKA membership. Second claim athletes are also welcome, pro-rata amounts will go live throughout the year.

Please go to the online membership section to complete or renew your membership. This can be found on the website under **About Us > Membership**. You can come along and try up to 4 sessions before committing, although you will not be covered by insurance until you have joined.

If you are on a low income, please speak to Zoe or Russell about concessionary fees (proof of low income may be required).

Benefits of UKA membership include:

* Discounts on UKA sanctioned races, such as Eastbourne Half Marathon
* Online profiles with [*Power of 10*](https://www.thepowerof10.info/athletes/athleteslookup.aspx) and [*Run Britain Rankings*](http://runbritainrankings.com/)
* 10% discount off full price items at running shops such as [*Tempo*](http://www.temposhop.co.uk/) and [*The Tri-Store*](http://www.thetristore.com/)
* Eligibility to take part in the London Marathon Club ballot

Other Eastbourne Rovers benefits not exclusive to a UKA membership are:

* 10% Discount at [*Sportswise*](http://www.sportswise.org.uk/) clinic

### Kit

All club kit is available from [*PB Teamwear*](http://www.pbteamwear.co.uk/athletics-clubs/eastbourne-rovers-ac.html). We also have limited stock of club vests at the clubhouse if you are in immediate need! We have a preferred head torch, the [*Alpkit Gamma*](https://www.alpkit.com/products/gamma).

### Safety

During winter months please ensure you wear a high-viz top, jacket or bib for you own safety. This is mandatory. We also highly recommend the use of a [*head torch*](https://www.alpkit.com/products/gamma). Some of the routes are unlit, they also make you more visible to others.

### Informal Runs

We regularly meet up at weekends to do longer social or training runs. A lot of us take part in [*Eastbourne parkrun*](http://www.parkrun.org.uk/eastbourne/) every week. A free, 5k timed run. Informal runs are not sanctioned by the club and therefore are not covered with insurance. (Only timetabled runs are covered)

### Communication

Website: [*http://www.eastbourneroversac.co.uk/*](http://www.eastbourneroversac.co.uk/)Email: *eastbourneroversroadrunners@outlook.com*Facebook Page: [*www.facebook.com/eastbourneroversac*](https://www.facebook.com/eastbourneroversac/)
Facebook Group (members’ only): [*www.facebook.com/groups/443925259036516*](https://www.facebook.com/groups/443925259036516/)

Official information is sent directly via email. We recommend you join our members’ only Facebook group for informal, running related chat, organising runs and social events.