



Watford Joggers New Members Briefing

What's available, when and where

- **Tuesdays**

Intervals at Merchant Taylors School Track (Sandy Lodge, Northwood HA6 2HT) from 7pm-8pm.

These are structured sessions lead by qualified coaches, with warm up and cool down stretches. You can also do your own thing at the track. During summer months we use other locations for intervals including Cassiobury Park and Rickmansworth Park.

- **Wednesdays**

Club night at West Herts Sports Club (8 Park Avenue, WD19 7HP).

We meet at 6:45pm for announcements, ready to run at 7pm.

Our pacing groups support all abilities from jog/walk to 7 minute miles, and cover distances from 6-8 miles depending on the group.

Jog/walk pace and distance can vary, depending on what is comfortable for the slowest person in the group - no one gets left behind!!

It may take a few weeks to settle into a comfortable group, please feel free to move up and down groups depending on fitness levels.

Showers and bar available.

Changing Room Codes: Outside Door (1987), Mens (1346), Ladies (7590)

Torches and reflective tops recommended in winter!

- **Saturdays**

Many members enjoy parkrun (see www.parkrun.org.uk for more info), at various local and further afield locations.

The Club provides pacers at Cassiobury parkrun on the last Saturday of the month.

- **Sundays**

There are more leisurely runs, in small groups, starting from Cassiobury Car Park (Gade Avenue, Watford WD18 7LG). We meet at 9:15am, ready to run at 9:30am on routes that vary but typically take in the surrounding areas of Whippendell Wood, Croxley, Ricky, Sarratt, mostly on off-road paths, including the canal tow paths. Distances will vary depending on training needs, from 5 miles to 9+ miles.



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Membership/Kit

Membership is available on the website shop, once registration has been approved.

Our membership year runs from 1 February to 31 January and is currently closed for accounting purposes. Fees are reviewed, and agreed, annually at the Club AGM – all members are invited to attend in person.

Club tops and other items of kit are available to buy on the website, and can be collected from Stephen Hobbs (Kit Manager) on a Wednesday evening. We have an associate external kit supplier for additional or bespoke items (see “non-club kit” link on the online shop).

Other useful info

- **Communications**

We use email, Facebook and WhatsApp for keeping members up-to-date with upcoming events and information. Within WhatsApp, we have a variety of different channels such as, Announcements, Intervals, Running Chats, Social Chats etc, for greater ease of targeted communication.

- **Library**

We have a Runners' book library where you can borrow both books and magazines; these are available on a Wednesday evening. Book/magazine donations are welcome!

- **Club Charity**

The Club supports a different local charity each year, nominated and voted for by the membership. The Club organises various events during the year to raise funds for the charity. The most important fundraiser is the annual Quiz Night which always sells out and is great fun!

- **Volunteering Opportunities**

There are several volunteering opportunities throughout the year. The Club supports the London Marathon (April) and Vitality 10k (September) by manning water stations. Club members can sign up to help out at these events, and the Club provides transportation to London by coach. Often lunch is provided by the event organisers.

Our Club race (November) the Watford Autumn 10K is another opportunity to marshal or get involved with race logistics to support runners within and outside the Club and ensure a positive and fun experience for all.

Full details of other events in the year, as well as more information on routes and much more can be found on our website: [Events | Watford Joggers](#)