



### FAQ For Thursday Runs

This FAQ is written from the perspective of winter runs, when it is dark and the weather is typically worse, but can easily be applied to summer runs.

#### **Where do you run? How long are the runs?**

TACH covers a wide area, centred on Bristol, with a mix of runs in the “town” and the “country”. Runs are typically within a 10-mile radius of the centre, although the pubs have been as far north as Dursley, as far east as Marshfield, as far south as Chewton Mendip, and as far west as Clevedon. This [map](#) shows some of the pubs we have visited

The main runs are typically 6.5 to 8 miles and there is normally a short run option, typically 4 to 5 miles.

#### **What time do you start? What time do you finish?**

Unless otherwise noted on the website and weekly e-mail, runs start at 19:10 sharp. It’s a good idea to try to arrive by 19:00, as parking can be a challenge at some pubs. If you are new to TACH, then it also gives you time to introduce yourself to the run leaders. Short runs normally finish by 20:30, with long runs back by around 21:00.

#### **How much does it cost?**

There is a modest annual fee to join TACH, but there is no charge for the Thursday runs.

#### **Why do you normally meet at pubs? Is there food?**

Because they sell beer and cider. Next question...

Where possible, the run leaders try to ensure that post-run food is available, but this can’t be guaranteed. Details are normally posted in the e-mail announcing the weekly run. Many pubs help us by allowing pre-ordering.

#### **Do I need a map?**

Maps are not needed. The run leader will have tested the route and we run as a group, *sheepdogging* as necessary to keep everyone together.

#### **What do I need to bring?**

Normal trail running kit, plus a headtorch with decent batteries is all that’s needed (the TACH *Kitmeister* normally has a stock of good-value headtorches). Hi-visibility clothing, such as a reflective vest or tabard, is encouraged.

For the feet, a decent pair of trail shoes is pretty much essential. If you are new to trail running and only have road shoes, bring your shiniest, newest shoes, rather than an old pair with worn-out soles. Most TACH members will be only too keen to engage in a pub-debate about the best shoes.

Remember that conditions out on the trail, especially on higher and more-exposed ground such as Dundry, can be noticeably colder, wetter and windier than in the city, so a hat or Buff, gloves and a decent microfibre windproof (which is easy to carry if not needed) are a really good idea. Waterproofs are worn in the worst weather, although



overtrousers are a very rare sight. Packs are not needed – the people sporting them are normally *super-keenies* training for mountain marathons.

Except on the balmiest of summer evenings, you are unlikely to need to carry water, but if you do, a waist-mounted bottle is much better than a held-held bottle, which can unbalance you on tricky sections. Most runners prefer to run without water and to work-up a decent thirst for the pub.

Post-run, apart from beer money, it's a good idea to have a small towel to wipe-off the inevitable mud and sweat, and to have a fleece/sweatshirt to wear as you cool down. Please respect the pubs hosting us, and as a minimum, take some clean footwear. Bear in mind that the changing facilities will often be behind a car at the side of a road, although this doesn't stop some people having a squaddie's shower and slipping into a full change of clothes. The most common outfit is a TACH hoodie (gaining Championship points), jeans and trainers.

### **Can I bring my dog?**

Many of us are dog owners, but we normally leave our dogs at home (with the exception of guest appearances by the near-legendary 10k x 365 collie, Alfredo). Dog-compatibility is dependent on the route (stiles, fences, local byelaws) and how well behaved your dog is. It's always best to check with the run leader in advance.

### **I've not run off-road in the dark before. How hard is it?**

All of the runs vary, so it's difficult to define "hard". If in doubt, consider a trial night run, on a route you know very well, with a friend, before joining a Thursday run. This will also shake out any headtorch problems. For your first TACH run, pick the shorter option.

### **I'm trying to get fit. Can I join the runs?**

TACH has a broad mix of members ranging from "elites" through to slower runners, or people recovering from injury, but is primarily a club for experienced and enthusiastic trail runners. Whilst we always ensure that non-one gets left behind, it's not fair on your fellow runners if they have long periods of waiting at each "regroup". If you want to start running, we'd recommend attending a beginner's course or doing some training until you can run a flat on-road 5 km (or more) at a 12-minute mile pace, and have tried some daylight trail running.

### **Do I have to lead runs?**

Everyone is encouraged to "do their bit" and to lead runs, and it is great fun introducing people to your favourite run (and pub), but it's not compulsory. If you need more information, chat to the *Run Meisters* or some recent run leaders in the pub, and take a look at this [guide](#). Someone else might be wavering about leading a run, so why not "buddy-up" and plan a route together?