

Running on the Track



"TRACK "ETIQUETTE" is mostly common sense and awareness, but here are a few do's and don'ts when track training.

1. Be aware of other runners

Don't be intimidated by runners who are quicker than you or seem to think they are better than you. You have just as much right to be there. On the other hand, other runners, especially quicker guys will get frustrated if you don't pay attention and show consideration to everybody else. Also if you are crossing the track look both ways!

2. Run in the right direction.

The typical direction for most tracks is anti-clockwise, but it can vary. Look for posted signs indicating which direction to run or follow the lead of others runners if you're not sure. Often runners will do their warm ups in a clockwise direction (i.e. opposite to training sessions) so that it clearly identifies them as just warming up/down.

3. What distance is the track

Each lane has a staggered starting line because you are going further when you are outside of the first lane. Generally each lap is 400m, and 1 mile (1600m) will be approximately 4 circuits around the track. Each 400m lap is clearly marked with the 100m stages.

4. Run in the correct lane.

If you are running the faster parts of your interval training (e.g. 6x800m with 200m recovery jogs), you are entitled to work in lane one (inside lane) and quicker pace runners will pass outside you. Don't, though, run more than 2 abreast because this forces them to pass very wide and encounter problems with people warming up or down in the outside lanes. Do your recovery jog on the outside lanes, not too many abreast, and keep alert for sprinters coming from behind - they sometimes use outside lanes because the inside has too much traffic!

5. Don't stop suddenly

When running, never stop suddenly, except in dire emergency, otherwise a fast runner behind you may crash into you. When you cross the finish line take a few metres to slow down and be aware that runners following might be continuing another lap, so carefully get out of their way and onto the infield before crossing to the outside lanes for your jog. Always pay attention to runners around you when you are starting and stopping.

6. Don't stand and chat on the track

Never stand chatting on the track. Just step off onto the grass infield or on the outside edges and chat there.

7. Passing runners on the track

If you are in front of a fast runner and you hear them approaching from behind, DO NOT try to get out of their way. Doing this will end up with you moving directly into their path and you will collide. They can see you, you can't see them. Just hold your line within lane one and they will go around you. Sometimes they will yell things like "on your right" or "passing" or "track" to indicate they are about to pass. Just hold your line and let them get around you.

8. Remember to pay your track fees into "the pot" on trackside.

The club pays The Bridge for a weekly group booking on your behalf and your fees contribute to this weekly outlay.

Most importantly - Have fun! This is supposed to be fun for all runners of all abilities.