

Make running enhance your social life



Running by yourself can be lonely and boring, even with your favourite playlist. It can also feel scary, running solo at dusk or in the dark. You may well stick to the same safe but dull route, rather than venturing into new terrain which is not very motivating.

Joining a running club can put the fun back into your run, before you find yourself making excuses to go home and chill instead of committing to that 5k run.

We admit it can be daunting; turning up to meet a bunch of strangers in lycra who, you imagine, are quite literally going to run away from you. You have to remember everyone was a beginner once. Seasoned members won't be looking at your times or your technique or your experience but they will be genuinely happy that someone else 'gets it' and has chosen to join their club.

Running clubs are much more inclusive than you'd think, and many run sessions for beginners where you'll find lots of people who feel

just like you. So you won't be Billy No Mates trying to keep pace with people who run marathons before breakfast, or be left wheezing at a standstill in an unfamiliar neighbourhood.

Of course, you also get to socialise afterwards too. Many running clubs finish at a nice local cafe. Running can be more than once a week, whatever commitment you want to make. So you could see your social life gather apace with your fitness levels.

When you're on the sometimes relentless work-home treadmill, becoming part of a community with its own camaraderie can become a high point in your week. You may join as a way to commit to a regular run, but you'll find you're actually looking forward to letting off steam, having a chat (whether geeking out over running gear, cunning solutions to fitness niggles, sensible career advice or a giggle) and being with different people from all walks of life but with a shared passion.