



Running With Friends is Fun!

By Tasmin Kelly ([Huffpost](#))

Running by yourself can be lonely and boring, even with your favourite play-list. 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.

Joining run clubs means you may get to socialize afterwards too! Running clubs often meet more than once a week, and may finish at a nice local café. Becoming a part of this community with its own camaraderie can become a high point in your week! It's a great way to commit to a regular run while joining others with the same passion.

