

CONGRATULATIONS ON JOINING MAIDENHEAD ATHLETIC CLUB!



YOUR CLUB HAS A LONG HISTORY DATING BACK TO 1869, BUT WE ARE NOT STUCK IN THE 19TH CENTURY - WE'RE UPDATING OUR APPROACH AND HOPE TO OFFER A GREAT EXPERIENCE FOR RUNNERS OF ALL ABILITIES. YOU'VE MADE A GOOD DECISION TO JOIN.

MAIN BENEFITS:

- Use of a purpose-built clubhouse with showers, lockers and kitchen
- Qualified volunteer coaches
- A meeting place for like-minded runners of different standards
- 400m track adjacent to the clubhouse

MORE BENEFITS:

COACHING AND ROUTE SETTING:

- Tuesdays - track or hills session run by qualified volunteer coaches
- Wednesdays and Sundays - routemasters give out routes of varying length
- Our coaches can also help with personal running programmes on a voluntary basis

PARKING:

- At the times of our sessions it is free to park in the large carpark to the right as you enter Braywick Park. If you want to park closer to the clubhouse or near Sportsable or the Rugby Club, you will need a permit.
- You are entitled to a permit as a member of the club. Please ask the membership secretary or another member of the committee when you're at the clubhouse.



DISCOUNTS:

- Your membership will get you:
- 10% discount at local running shops - Apex Sports in Farnham Common, Runners' Retreat in Marlow and SweatShop in Reading
- 10% discount on food at the Emperor of India
- 10% discount for bespoke engravings from Hugo's Workshop - use discount code MACMEMBERS at www.hugosworkshop.co.uk
- Sports massage from Romano D'Aversa at £30 per session for MAC members - 07769 702517 or romanodaversa@yahoo.co.uk
- If you've chosen to be affiliated with England Athletics as part of your membership, you receive discounts of at least £2 per race (please quote your club as "Maidenhead AC" and no other spelling, so we can find your results easily)

NEWSLETTERS:

Emailed out each Tuesday with results of races the previous weekend, and other news. Please email your results to newsteam@maidenheadac.org and include a few words describing the race if you can

EVENTS:

- Cross Country Season
- 5k Series
- Target races
- Maidenhead Easter 10 - this is the race we organise to generate the funds to run our club. We all marshal or volunteer in some way, so we don't get to run the race (unless selected to be in the team); however, we do have:
- The Helpers' Handicap - a re-run of the Maidenhead Easter 10 open only to club members who helped. There's a trophy at stake for this one!

All enjoyed by runners of all abilities - the club has great camaraderie!



SOCIALS:

- Annual Awards Do, Christmas Do, Pub runs, Quiz nights, Trip to Le Touquet, Treasure hunts... all organised by our active social committee

SOCIAL MEDIA:

- Join our Facebook group, check us out on Twitter, Instagram, WhatsApp, Flickr. We're on Strava. Check out our website. Membership and social events can be paid for online.

LONDON MARATHON BALLOT:

- Membership entitles you to apply for a club place in the London Marathon - hand in your rejection slip to be in with a chance!

CLUB TARGET RACES:

- Each race year (April to March) we set out target local races and many of them offer discounts and guaranteed entry to our members.

CLUB KIT:

- Wear club colours with pride - we love to see a splash of red, black and white at local races! Kit is available from Thames Valley Sports.

GIVING SOMETHING BACK:

- The club provides opportunities for members to volunteer as marshals, officials, coaches, routemasters, committee members, generally "doing stuff" for the club, or simply making the tea of a Wednesday :

MORE INFORMATION ON ALL OF THIS:

[HTTPS://WWW.MAIDENHEADAC.ORG](https://www.maidenheadac.org)

