**The Whitworth Thread**

**Being sensible whilst enjoying your running**

We hope you enjoy your foray into running and that your fitness levels improve over time, using the Thread as part of your motivation, however, as much fun as we are all having, here comes the serious bit…………………………………………………..

* The Whitworth Thread exists purely to offer an opportunity for like-minded runners to exercise together in a group and nothing more.
* The Thread is operated and managed by a number of volunteers in their free time and these volunteers cannot accept any responsibility for any events that occur in the park. These volunteers may or may not have taken any training / coaching.
* All attendees should consider the Thread as an informal gathering of people who will run together in a loosely structured format.
* Every person attending the Thread must take full and complete responsibility for their own actions. Know your limits!
* If you have any medical conditions that could affect you, please be sensible - it’s your responsibility to check with your physician you’re OK to undertake light exercise.
* If you feel dizzy, faint or unwell for goodness sake – stop! And notify a marshal.
* Appropriate clothing and footwear for running must be worn. You should dress appropriately for the weather and for the conditions.
* The Thread does not discriminate against any attendees, but we are unable to cater for any people with special requirements.
* Each runner must accept full and complete liability for their actions.