

guide running . UK

Recommended Runner Development;

Recommended Runner Development;

The importance of trust cannot be understated. Never run with a new guide without being certain you fully understand their level of experience and have established this trust. It is up to you to ensure you are confident as a runner and it is up to you to ensure your guide runner has sufficient knowledge of your experience to run accordingly.

New or inexperienced?

- Establish contact with guide or aspiring guide.
- Build this contact with email or phone calls – whatever works for you.
- Arrange a small race or informal run – if you have any concerns, run close to home, ask a family member to accompany you or find an experienced guide who can join you.
- Treat this first run as training. Be open to learning and accept your pre-conceptions may be challenged. This is probably new and intimidating for your guide also – be patient and work together.
- Use our growing network to reach out to other runners to share experiences and advice.
- Start with smaller races and explore your potential as your experience grows.
- Never be afraid to give feedback – you can only become a better runner with time and experience. The same is true for your guide.

Experienced?

- Share your credentials and get out there! If you have a running guide please consider offering a 'team run' to an aspiring guide or share your experiences with another VI or blind runner.

You are a team of two;

Whether experienced or inexperienced. Whether VI, blind or guide runner PLEASE;

- Never forget YOU are the most important person in this team of two.
- Ensure YOU are comfortable with the responsibilities you have taken on as a VI, blind or guide runner.
- Do not run or race if YOU are not confident in your team mates abilities (but try to share your reasons in a constructive manner – the ultimate resolution is YOURS to decide)
- Learn together and share your experience. Without your knowledge Guide Running . UK cannot grow.

Happy Running!

Braddan Johnson & Simon Wheatcroft.

We are not an official organisation and as such cannot endorse the use of any advice shared in association with our brand. What we hope to achieve is a self-governing meeting point that allows experienced and aspiring VI and blind runners to connect with experienced and aspiring running guides alike.

In time we hope that this environment becomes a reference point for individuals and clubs who are inspired by existing VI, blind and guide runners.

Please support us in our endeavour.