Spectrum's Queer Run Club (SQRC) FAQs

Last Updated: Jul 25, 2024

I am new to running/I have not run in a long time. Can I still join if I am a slow runner?
If you are new to exercise or new to running, complete a PARQ+ or speak to a Medical Doctor.

*If you are cleared for physical activity, the SQRC is open to runners of **most** levels. If you plan on mostly walking/hiking, this might not be the group for you. Outdoor running introduces additional risks. Instead, you might want to check out Spectrum Outings.*

We will not have pace groups / pace bunnies, but we encourage people to run together.

I do not self-identify as 2SLGBTQIA+ or I am not questioning my gender or sexual identity - can I join your club?
Spectrum's mission is to support and affirm the 2SLGBTQIA+ community. Please consider joining another run club in the Region such as Park Run, Runners in Motion, or Runner's Choice Run Clubs.

What do I need to know about running outside?
Natural trails pose some natural challenges, like elevation changes, uneven ground surfaces, bug bites, UV exposure, and lack of traction. While some people enjoy these challenges, it can be hard for people new to running and can pose a risk of injury.

The largest risks include:

- *Heat exhaustion/stroke*
- *Joint issues*
- *Sunburns/frostbite/bug bites*

You acknowledge these risks by participating in our club.

What if I get lost/separated from the group?
We try to use straight forward routes with limited navigation. We post our route on Strava. Join our group!

Do I need to register for the runs?
All of our runs are drop-in at no cost. However, we'll need you to register and sign a waiver.

Can I just walk?
Yes, but we will not have a volunteer moving at a walking pace.

I am new to trail running. What do I need?
We recommend running shoes with lots of traction and dressing in layers for the weather. Here's a short list of items you might want to bring:

- *Phone*
- *Water*
- *Medications (ex: puffer)*
- *Snack*
- *Shoes with good traction*
- *Sunscreen*
- *Layers of clothing (focused on covering exposed skin)*
- *Hat*
- *Sunglasses*
- *A change of clothes/shoes if it looks like rain and you want to join for coffee/tea afterwards*

Do you have any tips for Winter Running?

Yes. Here.

What if I get hurt?
Please run with your phone.

If the injury is serious, please call 911. Let them know where you are and stay on the line so the emergency responders can locate you.

If the injury is minor, we'll have a first aid kit on us during the run. Please let a Spectrum Facilitator know about your injury.

When do you run?
We post our route on Strava. Join our group!

Do you have a place to store our personal belongings?
Yes. You can ask one of the facilitators to store your belongings in their car.

How long is the run?
The run is 45 minutes in length, so the distance will change depending on your pace. Usually this means between 4-8km.

How do I find the route?
We post our route on Strava. Join our group!

Do I have to use Strava?
No. It's a helpful communication tool. We'll post the details on Instagram and Strava.

Can we run at a faster pace or can we run a longer route?
Yes, but we ask you to try and find a partner to run with. Just please aim to be back at the meeting spot within 45 minutes of the run start time.

Does the SQRC run during the winter?
Yes, if the weather permits. Runs will be canceled in the event of extreme weather conditions that would make it unsafe for running (temperatures above 35ºC, below -20ºC including wind chill, large amounts of snow and ice, thunderstorms). All cancellations will be communicated via Strava and Instagram. Join our group!

Can I leave part-way through a run?
Yes, but please inform a Spectrum staff/volunteer if you need to leave.

Can I join half-way through the run?
We are trail running so we will not be able to find you. You are welcome to run on your own if you're late and meet us at the end.

Can I bring a dog?
Yes, on leash.

Do you have a newsletter?
Yes! When you fill out the intake form, say yes! If you said no and changed your mind, email Troy Dettwiler

Can I apply to be a volunteer?
Yes! Visit Spectrum's Volunteer page and fill out a General application. In the application, indicate you are interested in the Queer Run Club.

I need new shoes, any recommendations?
Runner's Choice in Waterloo gives our run club a 15% discount and has a staff with experience fitting shoes. They also have a treadmill so you can try them out running indoors.

Otherwise, some of our runners have a lot of experience and would be happy to give you some suggestions.

I'm trying to meet new friends/partners, is this a good place?
Yes! We've had countless folks broaden their social circles and meet that special someone (or someones for our poly folks)

Unanswered questions? Email troy@ourspectrum.com