

UW Running and Marathon Club Frequently Asked Questions - Fall 2025

Club Basics	2
1. What does the club offer?	2
2. How is the club structured?	2
3. Do members choose what practice to attend?	2
4. What does a typical practice look like?	2
5. What do the Instructors do?	2
Joining the Club	3
6. Can Graduate students join?	3
7. I'm not a Waterloo student, can I still join the club and attend practice?	3
8. What do I need to complete before coming to practice?	3
9. How do I register for a club membership?	3
10. What is the difference between the "try-it session membership" and the "Fall 2025 membership"?	4
11. I tried to purchase a membership but the website did not allow me to. How can I fix this?	4
Attending Practice	4
12. Where does the club meet for practice?	4
13. Is there any place to store my belongings while on the run?	5
14. Is the running route posted before the run?	5
15. Is there a buddy system so no one gets left behind?	5
16. What is the practice schedule this term?	6
Information for Further Questions or Concerns	6
If you have further questions	6
If you have any concerns	6

Club Basics

1. What does the club offer?

UW Running and Marathon Club (UWR&M) organizes group runs suitable for all levels, along with special events and travel to local running events. Whether you're a seasoned runner or just starting out, we provide scenic routes, companionship on long runs, and support for all!

2. How is the club structured?

We offer four types of runs: beginner-friendly (2-4K), short-distance (4-6K), medium-distance (6-9K), and long-distance (10K+). Each practice, excluding beginner-friendly runs, has multiple instructors catering to different skill levels who run at different paces to support the varied skill sets among our members.

3. Do members choose what practice to attend?

- Yes, members can choose which practice to attend!
- However, we strongly advise against intermediate-advanced runners attending the beginner-friendly practice and beginner runners attending long-distance runs.
- If you are unsure where you stand in regard to skill level, we recommend you ask one of our instructors for their opinion!

4. What does a typical practice look like?

1. Members will gather at the meeting location (see question 12). Instructors will arrive 10 minutes before practice.
2. Approximately 5 minutes after practice has begun, our Instructors will lead a dynamic warmup and go over the route for the day. The route will also be posted before practice on our club's Strava account (see question 14).
3. Instructors will begin and end the run at the meeting location (see question 12).
4. Instructors will wait until everyone has arrived safely back at CIF.

5. What do the Instructors do?

- Instructors are responsible for leading all practices hosted by the club. They create the running routes for practices and post them on Strava.
- Instructors are responsible for ensuring all runner's safety and carrying a first aid fanny pack during practice.

- Instructors are not coaches, they do not provide coaching advice to members. Instructors serve more as running leaders and safety monitors!

Joining the Club

6. Can Graduate students join?

- Yes! We welcome all University of Waterloo undergraduate and graduate students!
- Students who are on either study or work terms are welcome to join!

7. I'm not a Waterloo student, can I still join the club and attend practice?

- We are geared mainly toward University of Waterloo students since we are affiliated with the University of Waterloo Athletics and Recreation Department.
- However, for other community participants and students attending classes in the summer months, a monthly base membership is required for purchase before enrolling into a club.
- If you are not a University of Waterloo student and do not want to pay the monthly base membership, there are lots of other great local running clubs to join! We recommend [Runner's Choice Waterloo](#)—they offer many different types of runs and even a marathon team!
- For more information about accessing our club as a non-Waterloo student, please contact our club coordinator, Karin Browne: karin.browne@uwaterloo.ca

8. What do I need to complete before coming to practice?

- Before attending practice, please complete our emergency contact form and purchase a club membership.
 - You can find the emergency contact form linked here: [Emergency Contact Form](#).
 - When you have completed this form once, you do not need to do it again (for example if you were a member in previous terms and completed the form, you DO NOT need to do it again).
 - Please also purchase a club membership (see question 9).

9. How do I register for a club membership?

- You can do this by paying the membership fee (~\$10.00) (this will give you access to our club for the entire Fall 2025 term).

- To purchase a membership please use this link: [Membership purchase](#)
- For those who want to try our club before paying the membership fee, you can register for a try-it membership
 - This gives you temporary free access to our club for our try-it session period. After the try-it session period ends, you will be required to pay the membership fee to continue attending practices.
 - To register for a try-it membership, please use this link: [Try-it Membership](#)
- Please note that instructors will be asking for proof of club membership at practices, so we recommend that you have a screenshot of your club membership receipt

10. What is the difference between the “try-it session membership” and the “Spring 2025 membership”?

- Please see question 9.

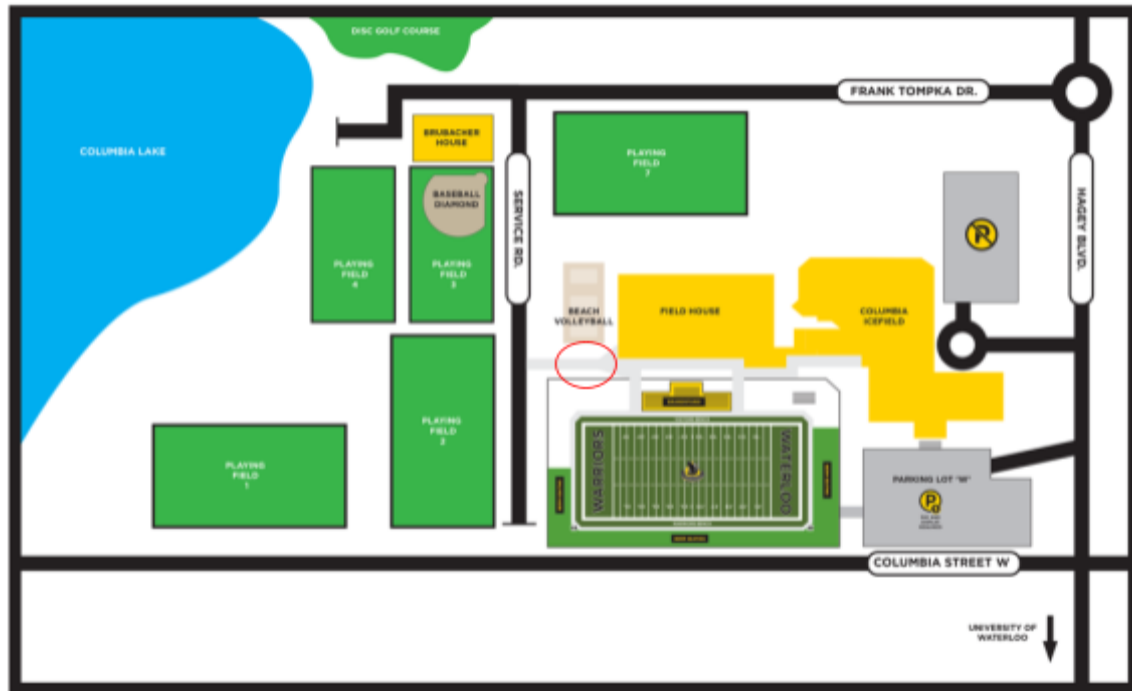
11. I tried to purchase a membership but the website did not allow me to. How can I fix this?

- This can be caused because you have not purchased athletics facility access. For full-time students, this is usually added to your tuition bill. For students on co-op, this is not an automatic charge. If you are not a member of athletics and recreation, you cannot register for any athletics and recreation clubs.
 - If you are having issues, please contact our club coordinator directly: Karin Browne (karin.browne@uwaterloo.ca)

Attending Practice

12. Where does the club meet for practice?

- We always meet at Columbia Icefield (CIF), near the beach volleyball courts.
- See the red circle in the image below.



13. Is there any place to store my belongings while on the run?

- Typically, we leave our belongings outside at our meeting location (refer to question 12) without any issues. However, please note that neither UW Running and Marathon Club nor the University of Waterloo Athletics and Recreation Department are liable for any stolen items.
- We recommend carrying a running fanny pack for your valuables (these are affordable and available on Amazon).
- However, if you prefer to lock up your belongings, you can use the lockers in Columbia Icefield. Just ensure you're ready at the meeting location when practice begins.

14. Is the running route posted before the run?

- Yes! We post the route the day before practice.
- We post all our routes on our Strava club! You can request to join our Strava club here: [Club Strava](#).

15. Is there a buddy system so no one gets left behind?

- Yes!

- Typically, our group does run at similar paces so people being left behind is not commonly an issue, with that being said, the instructor stays near the end of the pack in case this happens.

16. What is the practice schedule this term?

- Please see our schedule posted to Instagram!
- Please remember to check our strava (see question 14) to view the route before practice. We will also announce on strava and instagram (@wloorunning) if a run has been cancelled.
- We do not often cancel practice, but if we deem the weather conditions as dangerous, or an instructor gets sick or injured, we will cancel practice.
- We may also add additional practice times if more instructors are available throughout the term.

Information for Further Questions or Concerns

If you have further questions

- You can contact us on Instagram: @wloorunning
- You can email us at randmara@uwaterloo.ca

If you have any concerns

- Please fill out our [feedback form](#)
- The form is completely anonymous. We do not collect emails or ask for names. We encourage you to complete the form if you encounter any concerns with our club or simply have feedback you want to share with us. Thank you!