

Frequently asked questions

Q: How much does it cost to be a club member?

A: Nothing, zero, nada, zilch. Donations are accepted but are not necessary.

Q: Where can I get a membership form?

A: Click on the membership link at the top of the home page, print out a copy and mail it in.

Q: Do I need to be a member of the club to run?

A: No, just come out and introduce yourself, someone will run with you.

Q: What are the ages of your club members?

A: Active members that run or walk are between 19 and 70. Yes, some of them are single and eligible.

Q: I run very slowly, what are the best days for me to come out?

A: Monday night in Secane, Wednesday night in Swarthmore, Saturday in Collingdale or Ridley Creek State Park, Sunday morning at 9am.

Q: Can you give me more information about the club?

A: Look around this website. Click on all of the links. View current/old newsletters on the Newsletter page. Click on the Fun Run link to view all of the Fun Runs to include maps of our runs. Click on the Club News page to view the weekly emails sent out to all club members. Call 610-291-9707 if you can't find what you are looking for or need something clarified.

Q: I am just starting out and can only run a mile or two, all of your runs are longer than that. Can I still come out?

A: All of our runs are designed with you in mind. You can cut off or turn around at any time to do just the mileage you want to do.

Q: I only walk and may run in the future, can I come out?

A: Certainly, we have a few people that just walk. Best night to come out is Wed in Swarthmore. It is best to coordinate with us if you want to come out at other times. We have a walker or two show up at several of the Fun Runs but not all the time.

Q: I am training for a marathon, are any of your club members training?

A: Yes, you can usually find someone that is willing to do a long run with you.

Q: On a bad day I run 6 minute miles, anyone in your club up for that?

A: Not a chance. Just kidding, we have a few runners that will give you a workout but mostly we average between 7 and 11 minute milers. Depends on the day and who shows up.

Q: Are you just a running club?

A: Heck no! We are a running club that really likes to socialize. But you have to be willing to step out of your comfort zone and speak up. You can invite yourself if you hear someone talking about an upcoming event or just hover in the general vicinity. Club members vacation together, go to shows, dine out, throw parties. We like to eat and enjoy liquid refreshments. We have vegetarians and teetotalers join us on our outings.

Q: Can you help me find my keys?

A: Sure thing. If you put your car key in that little pocket in your running shorts (or pants) and you can't find it after your run, this will solve the problem 90% of the time. Discretely reach into your pants—or, better yet, pull them down, and the key will drop out. Those little pockets have a way of letting your key migrate to the nether regions of your pants or to hide in body folds if you get my drift. Just don't shake hands with anyone after you've found it.