



Thank you for enquiring about PCRGR (Pat Carroll Running Group). PCRGR meets @ 5.40am Tuesday/Thursday and Friday at the Ship Inn – cnr Stanley and Sidon Streets South Bank Parklands (South Bank end of the Goodwill Bridge). There's no need to notify when you'll be making your first visit and please introduce yourself to me (Pat Carroll) on arrival.

It's advisable on your first visit to arrive closer to 5.30am. Even though the official departure time is 5.40am, you'll find that members start to depart from 5.30am.

**Parking:** There is limited parking available beside The Ship Inn (Sidon St) and this usually fills up around 5.20am. There is ample parking in front of the South Bank apartments (Dock St) or in Little Stanley St.

**Shower** facilities are available in front of the South Bank swimming pool. If you require a shower following the run, Little Stanley St would be a preferable place to park.

**NB:** It's a cold shower (no hot water).

[Here is a map indicating where we meet.](#)

[Here is a PCRGR endorsement by PCRGR member and Qld Premier – Anna Bligh.](#)

[Photos/Videos taken @ PCRGR can be viewed here.](#)

If need be you're more than welcome to leave your bag in my car - it will be parked just next to where we meet.

If you can run 3k at 5-6 min km pace then you will comfortably fit in with the group. PCRGR is not an elite group and cater for runners of all abilities.

Our [monthly 3k Time Trial results](#) gives you a clear understanding of the overall group standard.

We warm up for 15-20 min at a relaxed pace. This is followed by light stretching, some 100 metre sprints to get your legs turning over and then the actual session.

Occasionally members are requested to start with runners of similar ability. This is structured by breaking the group up based on 3k personal best. Groups being:  
Sub 11min/Sub 12min/Sub 13min/Sub 14min and 14+.

**Sessions vary, examples being:**

JR (Jog Recovery)

SR (Standing Recovery)

6-8 X 1MIN, 45 SEC SR

4-5 X 1K, 1.30 SR

15 X 30SEC, 30 SEC JR

2 X 2K, 1 X 1K, 1.30 SR

6-8 X 500M, 1MIN SR

**Following the warm up we run the actual session at:**

Botanical Gardens or  
New Farm Cliffs or  
West End

Session is followed by a 10-15 min cool down.

We arrive back at the South Bank end of the Goodwill Bridge no later than 6.50am. Refreshments are provided.

**My cost structure is:**

\$8/session

\$55/8 sessions, can be used at any time ([payable online here](#)) or payable @ PCRG

\$155/24 sessions, can be used at any time ([payable online here](#)) or payable @ PCRG

I keep a s/s @ training and group members mark off attendance. There is no use by date so you can use your session credits whenever suitable.

**First session free of charge** - optional gold coin donation to 2011 PCRG charity beneficiary (tba).

I often send out a [PCRG newsletter](#) and if you wish to subscribe you can do so by simply entering your email address at the top right of any of the pages on my site. Subscribing to the Newsletter will ensure you're kept up to date on PCRG activities.