



Thank you for enquiring about PCRG (Pat Carroll Running Group). PCRG 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) Brisbane. 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.

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.

Parking: There's 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.

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

[Here's a PCRG endorsement by PCRG member and Qld Premier – Anna Bligh.](#)

[Photos taken @ PCRG can be viewed here.](#)

[View a video of a PCRG session](#)

Will I fit in @ PCRG: If you can run 3k at 5-6 min/km pace you'll comfortably fit in @ PCRG. PCRG 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 80 metre sprints to get your legs turning over and then the actual (**core**) session.

The session (core) will take place at either:

Botanical Gardens or
Roma St Parklands or
Suncorp Stadium or
West End

Core of session: This involves venturing out of your comfort zone at a level which is suitable. 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+.

Core of session varies, examples being:

JR (Jog Recovery)
SR (Standing Recovery)
8 X 1min, 45 SEC JR
4-5 X 1K, 1min SR
15 X 30sec, 30sec JR
4 x 4min, 45sec SR

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

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

Shower facilities are available at 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).

My cost structure is:

First session free of charge - optional gold coin charity donation.

\$10 one session

\$65/8 sessions, can be used at any time ([payable online here](#)) or payable @ PCRG

\$125/16 sessions, can be used at any time ([payable online here](#)) or payable @ PCRG

\$175/24 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.

credits are valid for 12 months

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.

By all means call me if you require any additional info.

Pat Carroll

0403176672

www.patcarrollonline.com