

Lakeland Runners Club Facebook Group Posting Guidelines Policy

1. All posts must be running related - there are other wonderful community groups and businesses for many other topics.

- a. **Offering or searching for bibs** - selling, transferring, or giving away bibs is only acceptable if the race officially allows bibs to be transferred. The LRC strongly encourages participants to follow all race rules and regulations.
- b. **Classified Ads** - selling of personal items, even if they are running related is not allowed. You may post ISO (in search of) a running specific item, but request that you are contacted privately. Moderators will disable comments on these posts.
- c. **Fundraising** - running for charity is awesome, but post it on your personal page.

2. Only advertisements for LRC races are permitted in the group – The Lakeland Runners Club offers a Community Calendar on their website (lakelandrunnersclub.org) where race organizations can request their event info be posted. Once a week, Group Admins will share the new events added to the Community Calendar.

Advertising Includes:

- a. **Requests for volunteers** -The LRC encourages volunteering, but only LRC may solicit volunteers.
- b. **Coupon Codes** - Race organizers may include coupon codes in their race information on the Community Calendar, codes posted in the group will be deleted.
- c. **Free classes and clinics** - this includes yoga, massages, personal training, etc. If you offer a great service for runners, please contact the LRC about being a guest speaker at a member meeting.
- d. **Links to events you are participating in** – it's OK to post about races you are doing, but don't turn it into a promotion.

3. Injury or Training Advice - If you give training advice, please be sure you have the experience and knowledge to do so, and consider the person asking. The right advice for an experienced runner may be terrible advice for a beginner. If you are injured, it's OK to ask for recommendations and it's always best to seek professional medical attention. Your set of symptoms are unique to you and without a full assessment, you could prolong your recovery.