



ASSOCIACIÓ KEEP CALM BARCELONA

KEEP CALM RUNNING

Member Guide

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WHAT IT IS, AND WHO IT'S FOR

Keep Calm Running is group runs around Barcelona for English speakers, at every pace. It's part of the wider not-for-profit Keep Calm community, built on inclusivity, reliability and collaboration - open to adults (18+) of any running background, from complete beginners to regular racers.

HOW A RUN WORKS

We run once a week, on Wednesday evenings, meeting at **19:00**. Each week's route is chosen by the group itself: a short WhatsApp poll offers a handful of route options a couple of days beforehand, and whichever route wins is what we run - the meeting point changes with it, but the distance stays about the same each week (roughly 10km), and it's always posted in the group ahead of time.

Routes are usually out-and-back or loops around the city, so everyone can pick their own distance and turn around whenever suits them - or hop on a metro or bus partway through if that works better on the night. It's free, no booking needed - just show up. Many of us stick around for a coffee afterwards, which is as much a part of the evening as the run itself.

Most weeks are just the run. Occasionally a run includes a short group workout - a warm-up, a few intervals, some stretching - built into the start, middle, or end, or a swim. If so, it's flagged in the group beforehand, never sprung on you at the meeting point.

HOW TO JOIN

Join the WhatsApp group at keepcalm.fit/whatsapp/running. Watch for the weekly route poll and vote if you'd like a say in the route, then just turn up at the meeting point on time - no sign-up needed.

SAFETY AND PACE, IN PLAIN TERMS

Every pace is genuinely welcome here, and that's not just a line: there's no minimum distance and no minimum pace, faster runners loop back and regroup rather than running off, and if a route doesn't suit you on the night you're free to turn around, walk, or head home by metro or bus whenever you like. Nobody keeps score of who finishes first or slowest.

A few practical things worth knowing before you come:

- Bring water (and electrolytes too, for longer or hotter runs), your phone with emergency contacts accessible, and reflective or bright clothing if it's getting dark
- Wear suitable running shoes and comfortable kit, and arrive at the meeting point on time, ready to go - there's no bag drop and no showers or changing facilities, so come dressed for the run with nothing

you can't carry the whole way

- Run safely and respectfully - don't cross against traffic lights, don't run in cycle lanes or bus lanes, and stay alert for other runners, scooters, and pedestrians sharing the path
- On narrow paths, don't run more than two abreast - give way and call out before overtaking; where there's no pavement, run facing oncoming traffic
- If you run with music, keep it low or one ear free so you can hear traffic, bikes, and the group
- You run at your own risk - know your own limits and fitness honestly
- Runs aren't coached or guided; everyone takes part independently and looks after their own safety
- If you need to stop or leave the group early, just let someone know, and ideally don't head off alone once it's dark

Full safety, data and conduct policies: keepcalm.fit/policies.

RULES AND ETIQUETTE

- If you vote for the route that wins, treat it as a soft RSVP - we're counting on you to show up, and a pattern of voting for the winner and not turning up may mean an organiser reaches out to check in
- Don't leave slower runners behind without checking they're OK; if the group splits by pace, agree a regroup point first
- Everyone, not just organisers, should occasionally circle back and check on anyone who looks like they're struggling, not just the back of the group
- Stick to the agreed route and meeting point for the week
- Faster runners: circle back and check on the group rather than pushing on alone
- We take photos during runs (start, mid-run, or finish) for Instagram - happy to snap you, but just say so beforehand if you'd rather not be in one, and keep yourself out of shot

WANT TO HELP OR LEAD A RUN?

We're always glad of more route ideas and organisers. Post in the group if you'd like to suggest a route, help lead, or just get more involved.

QUESTIONS?

Post in the Running WhatsApp group, or contact an organiser there.