



Flying Feet Running Program – 2017 Summer-Fall



www.flyingfeetrunning.com / dpqflyingfeet@aol.com

Program Structure – This program supports all runners ages 12 and over, regardless of experience and running pace. Flying Feet uses periodization in the training structure, meaning we go through cycles in our training. Runners become a part of a proven program and a supportive environment, and typically accomplish goals that are difficult to achieve independently.

Group Runs – Group runs and workouts are held on Saturday mornings at 7:00 and Tuesday evenings at 6:30 in Westminster and Mount Airy. A complete listing of group run dates, times and locations will be provided in advance.

Summer-Fall Dates – This session will begin the week of Monday, July 3 and end on Saturday, November 25. The first group run will be on Saturday, July 8.

Training Plans – Training plans will be provided for runners training for 5K, 10K, 10-Mile, Half Marathon and Marathon race distances. A plan will also be provided for those to run simply to maintain a healthy lifestyle. These plans are designed to offer flexibility, so that they can be used by the diverse group of runners that participate in Flying Feet. Training plan modifications are the responsibility of the participant.

Registration Fees – The fee for the full summer/fall program is \$170. Those who prefer may pay \$40 monthly for the five months of this program, July thru November. A student fee of \$60 is available to full-time students between ages 12 and 22.

Registration Deadline and Participation Limits – There is a 90-runner participation limit for each location. Registrations for this session will not be accepted after Saturday, August 5.

2017 Summer-Fall Premium – The first 100 registered will receive a running hat with a custom Flying Feet embroidered logo.

Flying Feet Performance – For runners who have a meaningful goal for an upcoming race, the Flying Feet Performance Program is offered at an added cost. For 9 weeks or 13 weeks prior to a target race, Flying Feet Performance participants will receive personalized training plans, workouts supervised by a RRCA certified coach, instruction on reaching a performance mindset, race strategy support, unlimited email support, phone contact as needed, and a post-race assessment. This program will be limited to no more than 15 runners at an added cost of \$140 (for 9 weeks) or \$200 (for 13 weeks). Participants must be willing to provide a detailed runner history 3-weeks prior to starting. *(Registration for the Flying Feet Performance Program is separate, but it is only offered to members of Flying Feet Running. Email Dave Griffin if interested at dpqflyingfeet@aol.com)*

Send form and registration fee to – Flying Feet, c/o Dave Griffin, 811 Kent Terrace, Westminster, MD 21157

Group run location (check one) Westminster Mount Airy

Name _____ Gender _____ Age _____

Phone Number _____ Email _____

Emergency contact name and phone # _____

Read Carefully - In consideration of your acceptance of my application for participation in the Flying Feet Running Programs, I hereby, for my heirs, my executors, administrators and assignees, and myself waive, release and forever discharge Flying Feet Running Programs, LLC, and all coaches, volunteers and sponsors of all claims, damages, demands, and actions whatsoever in any manner arising out of my, or my child's, participation in this program.

Participant Signature (Parent if under 18)

Date