


Flying Feet Performance Program

 2018 Summer-Fall Season
dpgflyingfeet@aol.com

General information – The Flying Feet Performance Program is for runners who have set a meaningful running goal and who are interested in following a structure training plan to reach it. The program, coached by Dave Griffin, who has more than 15 years of coaching experience, offers personalized training plans, supervised workouts, race strategy and execution, and post season analysis. Synergy among members is a goal. Those who join can expect camaraderie and support from all other members, but must be willing to follow a disciplined and proven approach while training with the group.

Training plans – Personalized training plans will be developed based on each individual’s running history and target race(s). Individual plans will be updated at least bi-weekly to allow for adjustment as the season progresses.

Coached workouts – Key workouts will be supervised by Dave Griffin. These workouts will be held weekly, typically either Wednesday evening or Saturday morning, at locations in Westminster, MD. The specifics of the workouts will be carefully designed to help each individual prepare to reach his or her goals.

Running logs – Participants will be asked to maintain a running log during the season and submit the log information to the coach each week. Timely submission of the running log will assist in effectively updating the training plan.

Program dates – This program will run from July thru early December. Ideal target races for this season will be mid-late fall, but other dates may be accommodated with prior approval. Individual training plans will be drafted with target race dates in mind and will begin as early as the first week of January. Weekly coached workouts will begin the week of July 9th.

Performance Program Fees – The fee for the performance program is \$325 and should be paid in January. Those who cannot afford to pay this fee in a single payment can make a request to make payments over the course of the season. A 20% discount is offered when two or more members of the same household are participating.

Registration – Only 12 runners will be included in this program. Before registering, email Dave Griffin at dpgflyingfeet@aol.com to confirm there are available spots. Once you receive permission to register, complete the bottom section of this form and mail it to the below address. Once registered, you will receive a Runner History Form to complete and return within two weeks.

Name _____ Gender _____ Age _____

Address _____

Phone Number _____ Email _____

Emergency contact name and phone # _____

2018 winter-spring target race name and date (if known) _____

Read Carefully - In consideration of your acceptance of my application for participation in the Flying Feet Running Program, 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 _____

MAIL TO – Flying Feet, c/o Dave Griffin, 811 Kent Terrace, Westminster, MD 21157