



Flying Feet Running Program – 2019 winter-spring



20-week running program from January thru May

www.flyingfeetrunning.com / dpgflyingfeet@gmail.com

Program Summary – Flying Feet, coordinated by coach Dave Griffin, is a running program for runners of all paces and experience levels. Griffin has over 40 years of running experience and over 15 years of experience coaching runners. Flying Feet has two primary areas of focus:

- Bring the training principles used by elite runners to the local running community. Though some modification is needed for most runners, the principles of running success are universal, and non-elite runners can gain significant benefits by using them.
- Teach how running experiences can help a person live life more fully.

Training Plans – Training plans will be provided for race distances ranging from the 5K to the Marathon. The plans will be provided with detailed instructions so that participants can use the plans effectively. Each plan will be designed to offer flexibility, so that they can be used by the diverse group of runners that participate in Flying Feet.

Coached Workouts – Weekly coached workouts will be offered. Each workout will be planned so that, over the course of the season, runners receive the training benefits required to improve over time. In addition to the workout itself, instruction will be provided to help runners learn the fundamental concepts of training. These weekly sessions will alternate between Tuesday evenings at 6:30 and Saturday mornings at 7:00 in Westminster, MD. On the weekend prior to each session, workout information will be provided so that participants can come prepared and so that those who cannot attend a workout can do it independently. A complete schedule of coached workouts will be provided at the start of the season. Participants who want to run with group members for other weekly runs will be encouraged to do so.

Flying Feet 5K – The season will include a club only 5K race, held on Saturday, April 6, at no additional cost.

Registration fees, deadlines, and participation limits – The fee for this program is \$130 if registered prior to December 22, 2018. The fee will increase to \$145 after this date. There is a 75-runner participation limit. If the participation limit is not reached, registration will close on Saturday, February 2.

Flying Feet Performance – For performance-focused runners, Flying Feet Performance Program is available to a limited number of individuals. This is an individualized program and includes coached small group workouts. *If interested, please email Dave Griffin at dpgflyingfeet@gmail.com to determine if space is available.*

Send form and registration fee (noted above) payable to Flying Feet and mail to –
Flying Feet, c/o Dave Griffin, 811 Kent Terrace, Westminster, MD 21157

Name _____ Gender _____ Age _____

Phone Number _____ Email _____

Emergency contact name and phone # _____

Target Race Distance (N/A if not racing) _____ Target Race Date _____

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

Date