



Flying Feet Running Programs



Fall 2010 – September 4th thru November 27th

dpgflyingfeet@aol.com or 410-596-0746

General Information – The Flying Feet Running Programs are designed to support runners of all levels.

BEGINNERS – Those who are just starting to run and those who have been running less than one year will benefit from the structured, supportive environment. Beginners also benefit from the support of fellow participants, which helps them sustain the motivation to continue.

INTERMEDIATE – Runners who have been running for a year or more will find the guidance needed to improve. Those in this category have already found that they enjoy running, but can benefit from the structure of a well coached program. Prudent guidance is offered to help maintain consistent improvement and avoid injury.

ADVANCED – Runners who have been running for several years and are hoping to reach long-term running and racing goals will benefit from the well planned and implemented training cycles and structured workouts.

Program Philosophy – While the program is designed to help participants reach running goals (whether related to fitness or competition), the focus of the program is to improve the quality of lives through the many benefits running offers.

Group Runs – Group runs and workouts will be held at locations in and around Westminster, MD. These runs will be held on Saturday mornings, Tuesday evenings and every other Thursday evening. Runners are not required to come to all group runs and guidance will be provided when you cannot come.

Running Schedules – Each participant of the Flying Feet Running Program will receive a personal running schedule based on his or her specific goals and experience.

Program Fees – The cost of the 2010 fall program is \$100. This cost includes access to all group runs and workouts, a personal running schedule, and direct coaching support and guidance. Any race registration fees are additional and are paid directly to the event sponsors. (Note – Additional members of the same household may register for \$60 each.)

Send form and registration fee to – Dave Griffin, Flying Feet, 55 Bonfire Ct., Westminster, MD 21157

Name _____ Sex _____ Age _____

Phone Number _____ Email _____

Address (incl. city, zip) _____

Indicate the longest distance you plan to race during the fall _____

What is your recent average weekly mileage? _____ How many days a week do you run? _____

Please describe your running goals _____

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 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