

 **Flying Feet Running Programs** 
Designed for both beginner and experienced runners

Spring 2009 - March 7th through June 6th

dpgflyingfeet@aol.com or 410-596-0746

General Information – The Flying Feet Spring Running Program is designed to help runners of all levels reach their personal running goals, whether those goals are related to fitness or competition. The program features a structured environment that will help runners form the discipline needed to train consistently. Supportive guidance is provided by Coach Dave Griffin, helping runners overcome challenges and gain confidence.

2009 Spring Program – The program is designed for runners of all levels who wish to enjoy group runs and workouts in a structured setting and gain access to personal guidance from an experienced coach. Depending on your experience level, you can receive the following benefits:

- **Experienced Runners**
 - Personal guidance from a coach who has successful coaching and racing experience
 - A proven program, based on a cyclical training approach, that has helped many runners improve race performances
 - Complete runs and workouts specific to your racing distances and goals
- **New Runners**
 - A group environment to help you form the discipline needed to run routinely
 - Personal guidance to help you transition from walking to running consistently
 - Individual advice to help set and achieve goals

Group Runs – Group runs will be held at locations in and around Westminster, MD on Saturday mornings and late Sunday afternoons. Speed and efficiency workouts will be held one weekday evening each week.

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

Program Fees – The cost of the 2009 spring 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) _____

Briefly 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