

Fall 2010 Running Programs

starting September 1st!!

When: Wednesday evenings – Sept 1 – Nov 17th.

Where: Barnstable High School, W. Main St, Hyannis, MA.

This session will include the following groups (PLEASE NOTE NEW STARTING TIME FOR RUNNING & RACING):

Walking Program – Contact Ken Johnson directly at krjohnson38@hotmail.com or (508)394-8290.

Walk/Run (5:45PM) – This is the class that launched our running program ten years ago. It is designed to help participants make a gradual transition from walker to runner over the course of a twelve-week period. This program begins with a 30-minute workout made up of intervals of 30 seconds of jogging followed by 90 seconds of walking. By week 12, participants will be running 12 minutes and walking just 1 minute for a 30-40 minute workout. In order to be successful, it is essential that students train regularly throughout the remainder of the week.

Basic Running (5:45PM) – This group is designed for those who would like to make running a more regular part of their life and add a little variety to their workout routine. Workouts generally consist of light jogging with a series of short “accelerations.” It is well suited to runners who are coming back from injury or extended layoff as well as runners who feel the jump to Running & Racing is a bit too much. Participants should be able to comfortably jog continuously for 30-40 minutes.

Running & Racing (5:45PM) – NOTE NEW TIME!!! The purpose of these groups is to help runners further develop in the sport of running. Participants include marathon runners, triathletes, local road racers along with those who simply enjoy a challenging and fun group workout. Workouts are designed to improve lactate threshold, VO2 max and running economy. Individualized attention is available to anyone who asks for it.

Assistance will be provided in placing runners into their appropriate group.

For more information – go to <http://www.HyannisRoadrunners.com>

Or contact -Kevin Petrovek, (508)775-8877(w) **OR** Bill Lord, (508)775-6371, e-mail: mrlzd4@yahoo.com **OR** Pete Stringer,(774)266-2017,e-mail: petestringer1@hotmail.com

Fall Running Program Application

(Note: if you are a renewal, just fill in name, sign form and note any changes from last application)

Name: _____ Birth date: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ E-mail _____

New running program participant (\$75) _____ Renewal (\$50) _____

Please select one: Walk/Run _____ Basic Running _____ Running & Racing _____

List any running or sports-related goals:

(attach extra sheet if necessary)

Make checks payable and mail to: Kevin Petrovek

(new runners \$75, renewals \$50)

c/o Paul Fendler, 20 Daybreak Lane
Hyannis, MA 02601

I hereby for myself, my heirs, executors and administrators waive and release any and all rights and claims for damages against all persons, officials and organizations affiliated with the Fall Running Program for any and all injuries suffered by me while traveling to and from and while participating in the program.

Signature: _____ Date: _____