

Summer 2010 Running & Walking Programs

Starting May 12th!!

When: Wednesday evenings - May 12 – July 28th, 2010.

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

This session will include the following groups (**PLEASE NOTE STARTING TIMES**):

Walking Program (5:45PM) – Establish a habit of frequent and regular exercise. You will get a cardiovascular workout that is somewhat challenging, but not intimidating. Since everyone starts from a different fitness level, workouts will be adjusted to fit the individual capabilities of the participants. Note: Cost for this group is only \$25.

Walk/Run (5:45PM) – This is the class that launched our running program!!! It's designed to help you make a transition from walker to runner. It 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. In order to be successful, it is essential that students train regularly throughout the remainder of the week.

Basic Running (5:45PM) – Make running a more regular part of your life and add variety to your workouts. Sessions consist of light jogging with “accelerations” followed by recovery. It's suited to runners coming back from injury or extended layoff or who feel Running & Racing is a bit too much. Since there are frequent re-grouping periods during every workout, no one gets too far ahead or behind. Consequently, this group is able to accommodate runners of an extremely wide range of abilities and goals. You can virtually make the workout as hard or as easy as you want. You should be able to jog continuously for at least 30 minutes before joining this group.

Running & Racing (6:00PM) - The purpose of this 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 generally take place on the track and are designed to improve lactate threshold, VO2 max, 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** Paul Fendler, (508) 775-7097, e-mail: maxwell02601@yahoo.com **OR** Bill Lord, (508) 775-6371, e-mail: mrlodz4@yahoo.com **OR** Pete Stringer,(774) 266-2017,e-mail: petestringer1@hotmail.com

Summer Running/Walking 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) _____ Walk Program (\$25) _____

Please select one: Walk Program _____ 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, walking \$25) 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 Summer Running/Walking Program for any and all injuries suffered by me while traveling to and from and while participating in the program.

Signature: _____ Date: _____