

Prince George's Running Club

Running Start Program

June 15 – August 15, 2015

Introduction

Running Start is a co-ed, nine week “learn to run” beginner training program, for adults of all ages and abilities, that will train you to run a 5 kilometer (3.1-mile) race. The program will build your endurance with a combination of walking and running over time. In addition, the program will offer the benefits of improved cardiovascular fitness, reduced adverse health factors, safe training methods, and fun!

Weekly Schedule

The group will meet Saturdays mornings and Wednesday evenings each week. Participants are encouraged to join the club on Tuesday evenings at UMD Track or Thursday evening at Wells Ice Rink for an additional weekly run. A complete schedule will be provided at the first meeting. Please note attendance is required at the group weekday run in addition to the Saturday training runs.

Assessment

- **Monday, June 15** we will meet at **6:30pm** (SHARP!) at the Lake Artemesia (5240 Paint Branch Parkway, College Park, MD) to assess your fitness level.

Saturdays

- Regular Saturday runs will be held at Lake Artemesia in College Park (please park at the former 94th Aerosquadron Restaurant at 5240 Paint Branch Parkway). Attendance is required at Saturday training runs. Participants should arrive **NO LATER THAN 6:15 am** and runs will begin at **6:30 am**.
- We will also occasionally run at other locations, to introduce our participants to the many wonderful running locations in our beautiful county.

Wednesdays

- We will meet each Wednesday at **7:00 pm** at Lake Artemesia in College Park. Participants who cannot make the sessions will be expected to complete the workout on their own.

Optional run

- The club also hosts weekly runs: Tuesday – Track Night UMD or Thursday – Wells Ice Rink. Participants are encouraged to participate in these runs..

Costs

\$40 Training program fee, in addition all participants are required to join the Prince Georges Running Club. The club membership fee is \$20 individual/\$25 family/\$10 student. The training program fee covers the cost of a technical running shirt and group activities. All registered participants will receive a code to register for the 5k-graduation race on August 15.

Coaches

The coaches and pace leaders are volunteers, and many are certified through the Road Runners Club of America (RRCA). The head coach for the 2015 Running Start Program is Teresa Gonzalez, a certified running coach, member of PGRC, and certified Jazzercise instructor.

Volunteer requirement

Participants are required to volunteer at one club event during the program.

Program structure

During the first session, each participant will be assessed for fitness level and running ability. Participants will then be assigned to a group appropriate to his/her speed and level of fitness. The groups will have one or more volunteer pace leaders who will guide the group during the each workout. Each week the coaches will meet to discuss each participant's progress.

After each workout, participants will gather for group stretching. Many Saturdays will include a brief but important presentation by a knowledgeable expert in the field of diet, fitness, running, nutrition, or exercise. Participants who are unavoidably absent for a session are expected to complete a training workout on their own.

Other information

Weather Policy: We run in most weather conditions, however, the training workouts are cancelled in the event of lightning or thunder. When in question participants are encouraged to check the PGRC website (www.pgrc.org) or check email messages sent directly to their group.

Medical issues: Every participant is encouraged to seek a medical opinion from his or her medical provider prior to signing up for the Running Start Program. The Running Start Program is run by a group of volunteer coaches and cannot offer medical advice. Participants are strongly encouraged to discuss any and all medical questions with their medical provider.

Walkers: The Running Start Program is designed to encourage and develop running ability. While the coaches are aware that some individuals may not yet be able to run, the goal of the

program is to get participants to the point where they can run a 3.1-mile course. Participants may mix walking and running in the initial stages, but the program will not have coaches available to work with walk-only participants.

Experienced runners: The Running Start Program is designed for the beginning runner. If you are able to run consistently for 20 minutes or more, this may not be the program for you. If you have run a marathon, you are also not a beginning runner. Experienced runners are encouraged to participate in one of PGRC's other training programs and/or the weekly informal drop-in runs that are open to all levels.

Attendance: We encourage you to make every effort to attend each session. However, the coaches are aware that the summer presents opportunities for vacations and travel and that an occasional missed session can occur. It is expected that each participant will keep absences to a minimum and make up the missed workouts on their own.

Children: Unfortunately, we cannot accommodate children. There are no childcare facilities available and we do not yet have a structured youth running program.

Equipment and clothing: Each participant is encouraged to purchase the appropriate clothing and equipment. It is important that each participant wears the appropriate running shoes and the appropriate foundation garments and other clothing, and carries a water bottle or other fluid replacement. Suggestions will be sent to participants.

Ipods: MP-3 players and other musical devices are prohibited for safety considerations.

Need more information?

Contact Running Start Head Coach [Teresa Gonzalez](#)