

MARATHONFEST ORIENTATION HANDOUT

“.....I have seen that in any great undertaking it is not enough for a man to depend simply upon himself.”

Lone Man, Teton Sioux

WELCOME TO MARATHONFEST

Training for distance running is a “great undertaking”. Group training provides an enormous support system, which increases success rate. MarathonFest provides coaching, organized workouts, pace groups; water and sports drink aid, training schedules, running routes, and support that is unparalleled! All participants receive a discount card to Track Shack for the duration of the training program and access to Florida Hospital professionals. Alumni MarathonFesters also receive a \$10 Track Shack retail voucher.

COMMUNICATION

MarathonFest uses the Track Shack website and email as the primary modes of communication, so PLEASE make sure your email address is correct! Check your email address on the weekend sign-in sheets. Early in the week you will receive an email from the Program Director. The Group Email details the training information for everyone that week, including the workouts for Tuesdays and Thursdays, run start times and locations, weekend mileage, training tips, and any schedule changes. You will also receive a weekly email from your Pace Group Leader with specific details for your weekend run. Please take the time to READ these emails!

WEEKDAY WORKOUTS

Coached workout sessions meet on Tuesdays and Thursdays at 5am OR 6pm. Participation is highly encouraged! Tuesday is track work and Thursday is tempo or hill workouts. If you are unable to attend these weekday sessions, please make sure that you are running 3-6 miles twice a week!

- **Tuesday Morning Sessions: 5AM – 6AM Glenridge Middle School track, Winter Park. Arrive BY 4:45am to warm up before the workout starts!**
- **Tuesday Evening Sessions: 6PM – 7PM Howard Middle School track, Orlando. Arrive AT 5:45pm to warm up before the workout starts!**
- **Thursday Morning Sessions: 5AM – 6AM meet in front of Glenridge Middle School, Winter Park. Arrive BY 4:45am to warm up before the workout.**
- **Thursday Evening Sessions: 6PM – 7PM meet BEHIND Glenridge Middle School, Winter Park. Arrive BY 5:45pm to warm up before the workout.**

Parking for workouts at the Glenridge Middle School track is available at Blue Jacket Park and behind Glenridge Middle School. Do NOT park on the grass along Glenridge Way. Parking for workouts at the Howard Middle School track is available inside the track and along the side streets surrounding the track.

WEEKEND RUNS

WEEKEND training runs build mileage incrementally for the marathon or half-marathon distance. All runners are assigned to pace groups for the weekend runs. Your training pace, race distance, and your goal race time will help determine your pace group placement. The training pace for your long weekend runs should feel COMFORTABLE.

Each pace group has a Pace Group Leader that is responsible for setting the appropriate run pace, coordinating the running route to accommodate different mileage needs, sending a

weekly pace group email with details for the weekend run, and seeing to the overall needs of the pace group.

Please indicate your presence at the weekend run by signing in on the Pace Group Sign In sheets. Place a check beside your name and write in the number of miles you plan to run that morning. **Please make sure that your Emergency Contact information and your email address is correct on the Sign In sheet.** When you return from your run, record your run time. Run time means your TOTAL run time, that includes bathroom stops, water stops, traffic stops, etc. Please remember to SIGN IN AND OUT.

WEEKEND RUN LOCATIONS

Saturday morning runs generally begin at 5:45am from the Cady Way Bike Trail parking lot in Winter Park, across from Brookshire Elementary School. Parking is available at the Cady Way Trail parking lot and behind Showalter Field. Port-o-potties are available.

Sunday morning runs generally begin at 5:45am from BEHIND Brandywine's Deli in Winter Park, across from St. Margaret Mary's Catholic Church. Parking is available behind Brandywine's Deli and along the side streets. Bathrooms are available.

Run start times will change depending upon mileage; the longer the run, the earlier the start! Start locations may also vary on occasion, so remember to read your emails to get all the details!

WEATHER POLICY

Yes, we run in the rain...and the heat, and the cold, and the wind. Weather rarely deters us from a training run. Florida weather is impossible to predict; therefore, coaches wait until the last possible moment to call off a workout. Coaches will be present at each scheduled workout and determine the safety for the run at that moment. The only exception to this policy would be in the event of a hurricane watch or tropical storm. If officials are asking citizens to stay off the streets, we will abide by their orders. Check the website for any changes or cancellations in our workouts.

RUNNING SAFETY RULES

All participants are responsible for their own safety. Participants must adhere to the following safety rules as stated by the FL Dept. of Transportation: " Where sidewalks are provided, no pedestrian shall, unless required by other circumstances, walk or run along and upon the portion of a roadway paved for vehicular traffic. Where sidewalks are not provided, a pedestrian walking or running along and upon a highway shall, when practicable, walk or run only on the shoulder on the left side of the roadway in relation to the pedestrian's direction of travel, facing traffic which may approach from the opposite direction".

This means you must:

1. Run facing traffic so you can see and hear oncoming cars.
2. Run single file. Do not block the road!
3. Get out of the way of oncoming cars; do not challenge them.
4. Watch for cars making right-hand turns into you.
5. Ignore verbal harassment.
6. Use sidewalks when and where possible!
7. Make yourself visible! Wear light colored, reflective clothing and/or lights.
8. NO I-pods or headsets! You need to be able to hear traffic and your pace group. Be aware of your surroundings at all times.
9. Listen for directions from your pace group. For example: car back, car up, runners up, potholes or bumps, turns, etc.
10. Obey all traffic lights, traffic signs, and use crosswalks.
11. Learn our running routes.

12. NEVER run alone! Always run with a companion.
13. Carry a cell phone with you. Put your phone in a zip lock bag to protect it from getting wet.
14. Carry your car key with you. Do not hide your key around your car.
15. Conceal any valuables left in your car.
16. Carry Identification. Include your name, emergency contact, any drug allergies, medical conditions, blood type, etc.
17. Carrying pepper spray or a noisemaker is recommended.
18. In the event of any emergencies, call 911.

TRAINING SCHEDULES

All participants receive a training schedule for the races targeted during the training session. Training schedules are a guideline for your training. Weekday workouts and weekend mileage may be altered to accommodate various fitness levels and running goals.

FREQUENTLY ASKED QUESTIONS

Q: I run on Saturday (or Sunday), but can't make it this weekend. Can I hook up with a Sunday (or Saturday) pace group for this weekend?

A: Yes, but please contact me ahead of time to make sure there is a Sunday or Saturday group for your pace and mileage.

Q: Can I change pace groups?

A: Yes, you can always switch pace groups, but make sure you receive the Pace Group Leader's email from the group you plan to run with so you don't get left behind! Some pace groups will start at different times depending upon the length of the run.

Q: It's raining. Are we having the workout?

A: Most likely, YES! Coaches will be present at every workout and assess the situation at that time. Workouts will be called off only if life-threatening dangers, such as lightning, are present at the time of the workout.

Q: I need directions to the run start.

A: Check out our website at www.trackshack.com Go to training programs, then MarathonFest, and then locations...you will find directions to ALL of our run locations.

Q: I can't make the weekday training sessions. What can I do?

A: The workouts for Tuesdays and Thursdays are on the training schedule so you can do the workouts on your own OR we recommend running 3-6 miles on these training days.

Q: Should I run or cross-train on the other days of the week?

A: Three days a week is sufficient training for most runners to achieve their goals. If you choose to run additional days, runs on these days should be EASY recovery runs. Mileage would be between 3 and 8 miles. Cross training can be very beneficial to your running. We recommend cross-training 2 or 3 times a week with swimming, weight training, muscle strengthening classes, yoga, Pilates, etc. Keep the intensity in the moderate range. Always give yourself one day completely off for adequate recovery time.

Additional Questions?

Contact me at susiwellness@aol.com

Susan S. Paul, MS

TSF Training Program Director