

Welcome to the 2012 Springtime Training Group!

The goal of the Springtime Training Group (STG) is to have fun, improve fitness, and complete the Springtime Tallahassee 10K run on March 31, 2012. Prerequisites for this group are that you are injury free and able to run continuously for 2 miles.

A [waiver form](#) is required to participate with the STG. There is no fee to participate with the STG. You are responsible for submitting your own race entry fee and form.

Tallahassee Springtime 2012

Last year, we had a fabulous group! We had runners of all abilities, from beginners able to run 2 miles to accomplished runners just looking for a fun group to join for distances between 3 and 6 miles. Hoping you're all going to come back. Just like last year we're going to break the groups into different groups to better accommodate everyone. We'll still have a beginner's group with a plan starting at 2 miles in week 1 and working up to the 10k race distance. The remainder of the groups will be broken out by distances depending on runners and volunteers. We hope this arrangement will provide something for everyone. Please join us!

Schedule

Starting **Monday, January 30, 2012**, we will meet every **Monday at 5:45pm** at the Myers Park pavilions overlooking the pool. On Saturday, March 24, 2012, at 8:00 a.m. we will meet in front of the courthouse on Monroe Street to complete an easy practical run of the entire course. On the last Monday, March 26, 2012, we will run a quick 2 miles and have a little party.

Due to time constraints and early darkness, if you like to stretch and warm-up before running (note: this is highly recommended), please arrive early to do so before the session begins. If you arrive late, take short cuts to join the group and add some distance at the end if you like.

Equipment

What to bring/wear to running class:

- Reflective or light colored clothing
- Flash light
- Good running shoes and socks
- Water bottle, sports drink (optional – we'll have drinks available)
- Sports watch (optional)

Weather

We will meet under all weather conditions including cold, rain, wind, heat, etc. but not in dangerous conditions such as a lightning storm. In case of severe weather, we will cancel the group and meet the following week. If we have to cancel, you should continue to follow the training schedule as closely as possible for the remainder of the week.

Safety

Each participant is responsible for his/her own safety. Please take a map and familiarize yourself with the course. I highly recommend driving the course several times to get familiar with the area. Although we have volunteers leading and trailing the group, **you are responsible for knowing the course.** We will never cross any major road. All of our running takes place on portions of the actual race course. If you cross a major road such as Apalachee Parkway, Monroe Street, or Magnolia Drive, then you are off course. If you get off course, try to find your way or ask for directions back to Myers Park.

Please be very aware and careful about traffic. The cars are not watching for you and we are running during rush hour. Also, when you go up the hill on Golf Terrace, it is safer to run off the road on the right side. The left side of the road with the curve is a blind spot and cars cannot see you as they approach.

Contacts

Thank you for joining this group! I hope it will be a fun and enriching experience for you. If you have any questions about your running progress or anything related to this group, please don't hesitate to ask at any time or you can e-mail me at gwtc_coaches@yahoo.com.

To join Gulf Winds Track Club or learn more about upcoming events and other training groups, please go to www.gulfwinds.org.

TJ Cutchins