



2008 5K Race Training Program

The DC Front Runners is offering a ten-week 5K race training program beginning on Saturday, March 29, 2008. Participants will train to complete their first race: the MUTT STRUT 5K on Sunday, June 1 or the 5K RACE FOR PRIDE on Sunday, June 8. Our training programs are designed for both first-time runners who want to get into shape and more advanced beginners who would like to cross-train or improve their running abilities in a supportive, non-intimidating environment. There are no speed or fitness requirements to participate in this program.

The program is coached by DC Front Runner Blake Rushin. She is a Road Runner Club of America certified running coach and sports psychologist. Other experienced club members will provide assistance.

About DC Front Runners



We are a running, walking and social club for gay people and friends in the Washington, DC metropolitan area.

Membership is open to all people regardless of race, pace, age, gender, sexual orientation, or athletic ability.

Founded in 1981, our club boasts almost 300 members. DC Front Runners belongs to a network of Front Runner clubs that extends around the world. There are over 100 Front Runner chapters, representing 36 States and 10 countries.

Visit www.dcfonrunners.org for further information.

To register for the program, please e-mail train@dcfrontrunners.org and include your name, phone number, e-mail address and interest in either the beginner or advanced beginner program. We will provide follow-up information about program registration in your confirmation e-mail.

PO Box 655550
Washington, DC 20035-5550
www.dcfonrunners.org
DC FRONT RUNNERS

From



To



Run Your First Race in Just 10 Weeks





Want to run your first race? We'll show you how.

Participants in DC Front Runners' ten-week 5K (3 mile) Race Training Program are preparing to complete the MUTT STRUT 5K race on Sunday, June 1 or the 5K RACE FOR PRIDE on Sunday, June 8 and future races on our Race Circuit. By the end of the program, you'll have achieved what you might not have believed possible.

Our ten-week training programs are geared to both first-time runners and advanced beginners who are seeking to run in their first race. The beginner's program starts with one mile of group running and/or walking, and gradually increases in distance and intensity each week. Participants with more running or athletic experience will focus on more intensive training and may run with club members or participants with similar pace and conditioning.

The basic training requires just 30-40 minutes, twice a week on your own or in our weekday Front Runner group runs, and a formal group training run every Saturday morning. An experienced running coach will be on hand to answer your questions and give you valuable advice and encouragement. You'll receive a detailed running schedule at the beginning of the program.

No Need for Speed

Many of our participants will include first-time runners, and some have never run a step in their lives. Whether you're fast or slow, we'll work to make sure that everyone gets to the finish line. We'll guide you through everything—from what shoes to buy to ad-

WHEN: Saturdays @ 10AM, starting March 29, 2008
MEET: Shevchenko Park, 23rd/P St NW, DC
RACE: Mutt Strut 5K, June 1, 2008 or
5K Race for Pride, June 8, 2008
FEE: \$25 DCFR Membership. Race fee not included.
SIGN UP: train@dfronrunners.org
Include name, phone, e-mail and interest in
beginner or advanced beginner program
WEB: www.dfronrunners.org

*Race subject to change.

vice on nutrition. Whether you're participating to get into shape, cross-train or to improve your personal best, you'll be welcomed and accepted. And don't worry about your time...crossing the finish line and doing your best are all that matter!

The Beginner's Program

With your pace group, you will gradually ease into your running program. In fact, if you're a brand new runner trying to get into shape, we might want you to start with a run and walk program (e.g., run 1 minute, walk 2 minutes). Our goal is to help transform you into a runner, establish a healthy lifestyle and finish a 5K race in just ten weeks.

Cross-Training and Advanced Beginner's Program

If you're currently active and involved in other sports, running is a perfect complement. Participants with some running experience and wish to run their first race can also enter this program. Completing a training program that ends with a race is a great way to build endurance, develop different muscle groups, learn new techniques and provide variety in your work-outs. In this program, you will receive training and race tips, and your program may involve more speedwork and longer distances. You can run with club members or participants with similar pace and conditioning.

Part of our Family

Joining our program also means that you'll become a member of DC Front Runners. In addition to meeting other program participants, you'll meet many of your fellow club members before and after your group training runs. The focus of our club's social life is the Saturday fun run and walk, which always ends with an informal gathering at a local restaurant or socializing on the steps of our "home base" at 23rd and P Streets. We also sponsor a number of special member events, including monthly happy hours, parties, and special brunches. After the training program, we hope that you'll continue participating in our weekly runs/walks, social events and race circuit. And perhaps we'll inspire you to participate in a 10K, half or full marathon in the future!