

MARATHONFEST ORIENTATION

WELCOME TO MARATHONFEST! Distance training is indeed a great undertaking and while you certainly can depend upon yourself and train alone, group training offers many advantages. Running with a group provides structure, guidance, and accountability which can all improve the success rate of participants...and all at a low cost.

MarathonFest offers coaching, structured workouts, weekend pace groups, training schedules, running routes, and fellowship that is unparalleled! All participants receive a discount card to Track Shack for the duration of the training program and also have access to Advent Health professionals.

COMMUNICATION/INFORMATION MarathonFest participants will receive one weekly email from the Training Program Co-Directors AND one weekly email from the Pace Group Leader; we also use the MarathonFest Facebook page for updates and information. PLEASE be sure we have your email address correct! The Mass Weekly Email from the Training Program Co-Directors provides you with important training information for each week. This email includes the workouts for Tuesdays and Thursdays, run start locations, weekend mileage, training tips, and any schedule changes. The email from your Pace Group Leader with specific details for your weekend run. Please take the time to READ these emails. **Registered participants can also request to join our MarathonFest Facebook page for the latest information and updates.**

WEEKDAY WORKOUTS MarathonFest weekday workouts meet on Tuesdays and Thursdays at 5AM; participation is highly encouraged! These workouts are NOT done by assigned pace groups, just show up to the one that best fits your schedule that day. Arrive early to do a warm up BEFORE the workout begins. Tuesday is speed day with track or mile repeats and Thursday is strength day with tempo runs or hill workouts. These workouts typically last one hour. If you are unable to attend these workouts, please make sure that you are running a minimum of 6 to 8 miles twice a week. Please note that we do NOT have any bathroom facilities open at the morning 5am workouts.

Track Etiquette - Please watch for other runners when stepping on or off the track. Do not wear headphones on the track. Faster runners take the inside lanes, slower runners take the outer lanes. If someone yells "Track", it means they want to pass you - they will pass on the inside or your left.

- Tuesday Morning Sessions: 5am – 6am Glenridge Middle School track, Orlando/Winter Park. **Arrive by 4:45am to warm up before the workout starts. Meet beside the bus lane parallel to Glenridge Way and WindSong. There are no bathrooms available.**

- Thursday Morning Sessions: 5am – 6am **Meet in front of Glenridge Middle School in the bus lane parallel to Glenridge Way. Arrive by 4:45am to warm up before the workout. No bathrooms.**

PARKING for Glenridge Middle School is available at Blue Jacket Park on General Reese Rd. and behind Glenridge Middle School, enter the parking lot from Upper Park Rd. Do NOT park on the grass along Glenridge Way. PLEASE WATCH FOR RUNNERS WHEN ARRIVING AND LEAVING GMS!!

WEEKEND RUNS Weekend runs build endurance by increasing mileage incrementally for the marathon or half-marathon distance. All runners are assigned to pace groups for the weekend runs. Your current training pace, fitness level, race distance, and your goal race time will help determine your pace group placement. The training pace for your weekend runs should feel COMFORTABLE, meaning you should be able to carry on a conversation with your pace group buddies. If you cannot keep up with your assigned pace group, OR, if you are running ahead of your pace group, you need to switch groups. Contact Dan right away if you need to change groups. Each pace group has 2-4 Pace Group Leaders who are responsible for setting the appropriate run pace, coordinating the running route to accommodate different mileage needs, sending a weekly email with details for the weekend run, and seeing to the overall needs of the pace group during the run. You will receive a Pace Group weekly email, in addition to the Training Program weekly email from the Co-Directors.

WEEKEND RUN LOCATIONS

Saturday morning runs - We meet at Cady Way park, unless a designated spot has been identified by your pace groups leaders for a specific run.

WEEKEND RUN START TIMES Weekend start times will vary based upon mileage and Pace Group Leaders preferences. Expect weekend start times between 4am and 5am.

WEATHER POLICY Yes, we run in the rain...and the heat, the humidity, the cold, and the wind. Weather rarely deters us from a training run. Florida weather is impossible to predict; 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. IF we cancel a run, we will post it to the MarathonFest Facebook page immediately.

HYDRATION Water and Gatorade are provided at various points along our running routes.

RUNNING SAFETY RULES 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”*.

Please run single file, facing traffic, so you can see and hear oncoming cars. Use sidewalks when and where possible. Make yourself visible -- wear light colored, reflective clothing and lights. Please do not wear earbuds or headsets, you need to be able to hear traffic and your pace group leader. Be aware of your surroundings at all times. NEVER, NEVER, NEVER, EVER run alone! Obey traffic lights and use crosswalks. Conceal all valuables left in your car. Keep your keys with you. Carry a cell phone, if you choose. **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 contain our 3 weekly workouts and are a guideline for your training. While a 3 day a week training schedule is adequate for many runners to achieve their goals, additional mileage run days can easily be added to the schedule.

RunGo This is an application you may want to download to your phone. Included in the weekly Co-Director emails we provide links that utilize this app for directions of the route. It provides a map view of the route and audio-guided instructions for the route. It is not required to run with Marathonfest but you could find it helpful for workouts. The app is not property of or endorsed by Track Shack or Track Shack training.

DISCOUNT CARDS Please pick up your Track Shack 15% off discount card from your pace group leader. You MUST have your card with you to receive this discount. Cards are NOT available at the store.

FREQUENTLY ASKED QUESTIONS

Q: Can I change pace groups?

A: Yes, you can switch pace groups. Please contact Dan, so we can ensure you receive the Pace Group Leader's email from the group you plan to run with. Pace groups start at different times and locations, 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. If we cancel a workout, we will post it on our MarathonFest Facebook page.

Q: I need directions to the run start.

A: Saturday meetup is determined by your pace group placement. See

Tuesday & Thursday location - Glenridge Middle School- 2900 Upper Park Rd., Orlando

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, you can do the workouts on your own OR run a minimum of 6 to 8 miles on these training days.

Q: Should I run on the other days of the week?

A: Totally up to you and depends primarily upon your running background and your goals. Suggestions for additional run days are listed in the Additional Training Options document.

Have additional questions? Please contact the Program Co-Directors:

Dan Kline (dkline2703@gmail.com)

