



LRC Distance Running and Road Racing (DR³)



2012 Program Offering

PROGRAM OVERVIEW: Informal endurance, base building running program for youth (ages 8 and older) and their parents (Note. Just youth and/or just parents may register for the program; parents are not required to register with their children. Program includes group participation in local road races however; road racing is not required for program participation.

PROGRAM SPECIFICS

- **Age Requirements:** Children must be age 8 or older; 8 - 10 year olds must be able to run 2 miles without stopping. Youth ages 11 and older must be able to run 3 miles without stopping.
 - Children ages 6/7 may participate upon permission of Coach Darcy.

Additional Requirements:

- **Running shoes:** Participants must have “NEW” running shoes (e.g., have not been worn any longer than 3-weeks) – and they must only be used for running (e.g., cannot also be school shoes). See Coach Darcy or Coach Greg if you need advice on running shoes.
- **Practice attire:** running shoes and weather appropriate running gear.

Timeframe: program will be offered from February 5, 2012 to June 3, 2012.

Registration (online ONLY): will be available until February 29, 2012.

Costs: \$70 for the program; fee includes a 2012 DR³ performance running shirt and race registration for one team road race event. Additional apparel is available for 2012 (see website for order form and cost).

Group Distance Runs: will be offered 3 to 4 times per month a varying locations. Locations will include: C&O Canal Towpath, Worthington Farm Park, Old National Pike Park, Ballenger Creek Park, Bakers Park, & Heritage Farm Park. Monthly schedules will be posted on the LRC DR³ web page.

- Group Runs will include warm-up/stretching, distance run, & cool down.
 - See practice schedule on the program web page at lrcrun.org.
 - 2012 practices will most often be scheduled on Sunday afternoons and Tuesday evenings (starting in March).

Road Races: local school sponsored races (5 km and Fun Runs) and other nearby races.

CONTACT

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*Out on the roads there is fitness and
self discovery and the persons we
were destined to be.*

--Dr. George Sheehan