

# **RIVER VALLEY RUNNING TEAM FREQUENTLY ASKED QUESTIONS**

## **Why join a running team?**

- Fun
- Make new friends
- For support and encouragement in your pursuit of you personal goals.
- People to share your success with.
- Accountability

## **What is included in being part of the running team?**

- Weekly emails from the coach.
- Access via email, phone or in person to a coach to ask questions, share concerns, or for additional support.
- Scheduled twice weekly group runs/work-outs. For the group runs, there will be courses mapped at various distances to accommodate the needs of the group.
- Discounts at Run 'N Fun
- Discounts for certain events.

## **When and where does the team meet?**

- To start with we will be meeting Wednesday evenings at 6 PM in the racquetball court for a runners studio class (when it starts staying light later the day/time will change).
- We will be meeting on Saturday mornings at 8 a.m. in the lobby and will go outside for the run (weather permitting).
- If you can't make it to both days/times you are welcome to come when you can—often times people with scheduling conflicts can find other teammates to run a different day with.

## **If I've never run before can I still join the team?**

- Yes, definitely! The team embraces brand new runners!
- As a new runner, you will be given guidance on the basics of starting running.
- There are runners of all abilities and speeds on the team and typically everyone has someone to run with. (the team doesn't leave anyone behind)

## **The team is training to do the Fargo Marathon or Half-Marathon May 9<sup>th</sup>; can I train for a different event or just run for fun?**

- Yes-definitely.

## **I'm a brand new runner; can I train for a full or half-marathon?**

- Yes. There is an option to have the coach create an individualized training schedule to help you achieve your goal.

## **Can I use the childcare and go outside to run with the team?**

- Yes, you will be required to carry a cell phone with you when you leave the club to run with the team.

**If I want to do Fargo Marathon/Half-Marathon, what do I need to do?**

- Complete a printable registration form (you can get from [www.fargomarathon.com](http://www.fargomarathon.com)). For the full marathon you get \$10 off and for the half marathon you get \$5 off for being part of this team.
- Turn the form with a check to Jen—we will mail them in together.
- The team has a limited number of rooms reserved so if you need lodging please let Jen know.
- As the event gets closer, a list of people interested in carpooling will be created.

If you have any more questions please contact; Jen Hansen at [jenmurt@hotmail.com](mailto:jenmurt@hotmail.com)