

Running with USAFIT Boston (BostonFit) in 2018

Saturday “Long Run” Meetings:

1. *Sign In/Sign Out* Sheets will be provided each Saturday, as well as name tags. **You are expected to sign in and sign out (so we know you are not lost!).** And please wear your name tags!
2. *Meeting time* is the time we start the seminar. Please arrive early in order to sign in, greet your friends, get yourself together, use the porta potty if needed, etc. We will start the seminar at the published start time. We will then gather together with our color groups for a brief chat and then go out for our run.
3. *Hydration:* Runners are responsible for their own hydration during our Saturday training runs. Please plan accordingly – preferably with a hydration system that is easy to carry on your body. You will be expected to carry your hydration with you starting with our runs lasting one hour and longer. *Note: hydration is so important that if you do not have hydration with you, you will be asked to sit out that Saturday’s run.*

Communications:

1. *Method of Communication.* Each week, we announce our meeting location and any changes to the schedule both on the website and in your coach’s email.
2. *Your long run running route.* The running route for the upcoming Saturday will be sent to you by your coaches.
3. *Weekly training.* The weekly training schedule will be posted on the website.
4. *Seminar Schedule.* The seminar schedule will be published within the first three weeks of the season on the website.

We invite you to participate in the following:

- Our website: www.bostonfit.net
- *BFIT Facebook Group (closed group, new members send a request):*
www.facebook.com/groups/59663043531/

Meeting Sites:

We will be running from various local locations during this season and we are grateful to our “hosts.” Please behave in a courteous, responsible manner. Please observe all parking rules. We will announce changes to the meeting site on Saturdays, on our website, and in our weekly newsletter. Please *do not leave valuables unattended – talk with your coaches about the best way to store your keys, phone, wallet, etc. during your long runs.* BFIT is not responsible for lost or stolen property. Be sure to *remove your own trash* from the site.

Running Etiquette:

Do not take up a lane of the street, even if you have a big group of runners. Run no more than two abreast. Run on sidewalks, the path, or grass, NEVER on the street. When running on a bike path, stay to the right, as if running on a road, announce yourself when passing, pass on the left, and allow room for other runners, cyclists, walkers, and others to pass by unobstructed. Be especially careful on all street crossings. *Cross with lights and at corners*, whenever possible. *Safety is so important that we reserve the right not to train runners who blatantly or consistently ignore runner safety practices. In these cases we will notify the offending runner, and remove them from the program.*

SAVE THE DATES: Full marathon runners: 18 milers on September 8 and September 29; 21 miler on October 13.

Half marathon runners: 10 milers on August 25 and September 8; 12 milers on Sept. 29 and October 13

Green Head Coach: Scott Lennox; green@bostonfit.net; Assistant Coach Beth Lennox.

Yellow Head Coach: Aime Macdonald; yellow@bostonfit.net; Assistant Coach Sarah Tannenbaum.

Red Head Coach: Erin McGrath, red@bostonfit.net; Assistant Coach Julie Merritt.

ATP Coach: Robin Dawson, atp@bostonfit.net.

Purple Head Coach: Rebecca Chaplick, purple@bostonfit.net; Assistant Coach Shandi Foulger.

First 5 Weeks Training Schedules:

Week	Date	Start Time	Color Group	Sat	Sun	Mon	Tue	Wed	Thu	Fri
1	5/12/2018	7:30am	Green	PACE RUN	OFF	30/e	35/e	OFF	30/e	OFF
1	5/12/2018	7:30am	Yellow	PACE RUN	OFF	30/e	30/e	OFF	25/e	OFF
1	5/12/2018	7:30am	Red	PACE RUN	OFF	25/e	25/e	OFF	20/e	OFF
1	5/12/2018	7:30am	Purple	PACE RUN	OFF	20/e	20/e	OFF	30/e	OFF
2	5/19/2018	7:30am	Green	5 MILES	OFF	35/e	40/e	OFF	30/e	OFF
2	5/19/2018	7:30am	Yellow	5 MILES	OFF	30/e	35/e	OFF	25/e	OFF
2	5/19/2018	7:30am	Red	5 MILES	OFF	30/e	30/e	OFF	20/e	OFF
2	5/19/2018	7:30am	Purple	3 MILES	OFF	25/e	30/e	OFF	30/e	OFF
3	5/26/2018	Memorial Day Weekend	Green	6 MILES	OFF	40/e	40/hill	OFF	45/tempo	OFF
3	5/26/2018	Memorial Day Weekend	Yellow	6 MILES	OFF	35/e	35/hill	OFF	40/tempo	OFF
3	5/26/2018	Memorial Day Weekend	Red	6 MILES	OFF	30/e	30/hill	OFF	35/tempo	OFF
3	5/26/2018	Memorial Day Weekend	Purple	4 MILES	OFF	30/e	30/hill	OFF	35 tempo	OFF
4	6/2/2018	7:30am	Green	7 MILES	OFF	45/e	14x30sec /30sec	OFF	50/tempo	OFF
4	6/2/2018	7:30am	Yellow	7 MILES	OFF	40/e	12x30sec /30sec	OFF	45/tempo	OFF
4	6/2/2018	7:30am	Red	7 MILES	OFF	35/e	12x30sec /30sec	OFF	40/tempo	OFF
4	6/2/2018	7:30am	Purple	5 MILES	OFF	30/e	10x30sec /30sec	OFF	35 tempo	OFF
5	6/9/2018	7:30am	Green	8 MILES	OFF	40/e	40/hill	OFF	30/tempo	OFF
5	6/9/2018	7:30am	Yellow	8 MILES	OFF	35/e	35/hill	OFF	30/tempo	OFF
5	6/9/2018	7:30am	Red	8 MILES	OFF	30/e	30/hill	OFF	30/tempo	OFF
5	6/9/2018	7:30am	Purple	5 MILES	OFF	30/e	30/hill	OFF	35 tempo	OFF