



Charlottesville Track Club

2008 Charlottesville Ten Miler Training Program

Hosted by
The Charlottesville Track Club

This professionally supervised five month program is designed to safely guide runners of all abilities to their individual Ten Miler goals. The group will be broken into different program levels based on each person's current training regimen. First time or out-of-shape exercisers are especially encouraged to join us for the 20th edition of this popular training program (over 3,100 have participated over the years). The **overall goal** of the program is to guide each individual to a **safe and successful** completion of the area's oldest footrace and to make **exercise a permanent** part of each participant's lifestyle!

The group will meet every Saturday morning at **8:00am outside the UVa** track for a quick lecture, tips and a group long run starting **November 3rd**. Attendance to these weekly group runs is optional. Call 293-3367 with any questions.

The cost of the program is a \$10 donation to the CTC (please make checks out to: CTC). Please fill out BOTH the waiver (below) and the questionnaire (next page) and return to the shop ASAP.



Yes, please sign me up for The Ten Miler Training Program!

NAME (please print) _____

ADDRESS _____

CITY/TOWN _____ ZIP _____

E-MAIL _____

Fax _____ Phone Number _____

Program fee: \$10 All proceeds benefit the CTC (All of those affiliated with the program are volunteers). Please make checks out to: CTC and drop off the waiver and the questionnaire to the shop.

I am in good health to participate in this Charlottesville Track Clubs supervised program and I release all persons (captains, coach, assistants and any other program volunteer) and the CTC from any liability due to any injury I may incur during the program (including the drive to and away).

Signature _____

Date _____

The 2008 Charlottesville Ten Miler
Training Program
(please, please fill out carefully and completely!)

NAME _____ Age _____

Phone # _____ E-Mail _____

1. How many **miles/week** (total miles each week) have you been running recently (say in the last month or so)? In other words, what has been your average number of miles you have been running each week? **Just starting out?** Then please indicate so...
2. If you **HAVE** been running then please indicate **HOW MANY DAYS** you are currently running each **WEEK** (# of days/week):
3. Please circle the exact days that you normally run each week (please circle them):
MON. TUES. WED. THURS FRI. SAT. SUN.
4. Please read and answer this next one extra carefully: What has been the farthest (**longest**) you have run on a **single run** (at one time) in the last month?
5. **When** (what exact date) did you run this "long run"?
6. Have you ever run the Charlottesville Ten Miler (if so, then when and what was your time)?
7. Any specific personal **GOALS** for the 2008 Ten Miler?
8. Any recent injuries, concerns or setbacks with your health or exercise?
9. Anything else (you may use the back of the form)?

Please drop off both forms with your \$10 payment (made out to the "CTC")
at Ragged Mountain as soon as possible or mail them to:

Ten Miler Training Program
#3 Elliewood Avenue
Charlottesville, Virginia 22903