



**WHAT:** SPRING FAST (Fun and Smart Training) is a program for anyone interested in bettering themselves as a runner. Whether your focus is a 5k, 10k, 13.1, 26.2, or anywhere in between, FAST can help you achieve those goals. FAST is founded on the principals that your head coach, Brad Henz, learned through his tenure running at the national collegiate level at North Central College under the leadership of the legendary, Al Carius.

Brad is assisted by Bekah Aavang. Bekah is a manager at Running Central and ran in the NCAA for Bradley University. She brings a very important dimension to the program!

***HISTORY of the PHILOSOPHY:*** *Carus has built the winningest program in NCAA history in Cross Country and Track. Through Al's philosophy of Run For Fun and Personal Best, Al showed that through hard work, dedication, and commitment, you can be a winner in life on and off the field.*

**WHO:** SPRING FAST will be a program for you as an individual. Through tailored personalized programs based on your mileage, your abilities, and your goals, FAST, is designed to work with you to become the athlete you want to be. FAST does not care if you run a 4:00 minute mile or a 10 minute mile! This program is for YOU to achieve your personal goals! The focus of SPRING FAST is to begin to prepare you for the Spring/Summer racing season! Learn what it takes to stay strong and be able to train hard and train smart! We do recommend that you are already running at least 3 days a week.

**WHEN and WHERE:** SPRING FAST will have its first session on Thursday, March 25th at 5:30pm at the Running Central. This will be an informational, informal, get-to-know you gathering for the coaches and mentors to meet and talk with the athletes. The first official practice is Tuesday, March 30th at 5:30 pm at the bottom of Glen Oak Park hills by the tennis courts.

Practices are Tuesday and Thursdays at 5:30 pm. We also have optional long runs on the weekend. One day of the week will be divided between a running workout and core/form work/plyometrics.

As a developmental program under the PATFC, part of your registration fee is going back to the program to benefit CHOICES and the youth of the city of Peoria.

Cost per person for FAST is \$125. Must be a member of the PATFC.

## **REGISTRATION:**

**NAME:** \_\_\_\_\_

**ADDRESS:** \_\_\_\_\_

**CITY, STATE, ZIP:** \_\_\_\_\_

**PHONE:** \_\_\_\_\_

**EMAIL:** \_\_\_\_\_

**EMERGENCY CONTACT:** \_\_\_\_\_

**CURRENT MILEAGE/TRAINING:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**GOALS:**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**ARE YOU PREPARING FOR A SPECIFIC RACE? WHICH ONE?**

\_\_\_\_\_

**PERSONAL BESTS:** \_\_\_\_\_

\_\_\_\_\_

Checks are to be made payable to the Peoria Area Track and Field Club.