



## FAQs

1. What fitness level do I have to be at to participate? No Boundaries is a true beginner's program! If you are taking your first steps or coming back to running after a long break, this program is for you.
2. When does the program begin? The program training schedule begins Monday September 6<sup>th</sup> and the first coach led training session is Tuesday, September 7<sup>th</sup>.
3. When are the training sessions? Coach led training sessions will be held: Tuesday and Thursday evenings at 6:00pm (*subject to change based on participants' needs*).
4. Where will the training sessions be held? The training sessions will be held at various places, including the Turkey Creek greenway near the store, neighborhoods near the store, Farragut HS track, and other locations.
5. How long is a typical training sessions? Each group will establish its own pace, but a training session will last between 60-75 minutes, including general announcements, training topics, warm-up/cool-down, and the training run.
6. Who will coach the program? The coaching staff has been selected for their love of the sport and willingness and dedication to helping others reach their goals! You will train with the same coach for the duration of the program.
7. What and when is the goal race? Hot to Trot 5K/10K (we will do the 5K, 3.1 mile distance) will be on Thanksgiving Day, November 25, 2010 starting on Parkside Drive in the Turkey Creek Shopping area. Visit the website for more information: <http://fleetfeetknoxville.com/hottotrot/> (currently website has last year's race info).
8. What is the cost of the program and what do I receive for the registration fee? The 12 week program is \$80 and includes a New Balance technical shirt & special finisher's gift, plus your coached training sessions, detailed training plan, weekly emails, training tips, and seminars.
9. When and how do I register? You can register at Fleet Feet Sports during store hours.