

Rules of the Road

Courtesy of Tim Scitti RRCA Certified Running Coach
<https://www.facebook.com/bestruncoachingservices/>

1/ Be medically cleared to run. If you have any medical concerns seek a Dr. Opinion before starting this or any running program.

2/ Get a good pair of running shoes. Visit a Running Shoe Store and have your stride professionally evaluated and follow their recommendations for an appropriate shoe to wear.

3/ Precede each run with a dynamic warm up and stretch afterwards.

4/ If you are sore after a run, gently massage and ice. If still sore 2 days later, skip the next workout. Don't run through pain. If you have sharp pain during run, stop and seek medical advice.

5/ Run at your own pace and with your normal stride.

6/ Run with others. The accountability keeps you committed, and the time goes by quickly.

7/ If you can't keep up with the schedule, repeat the workout you can finish, but follow the daily schedule.

8/ Contact Tim Scitti for advice/suggestions or more specific training = timscitti@gmail.com, or Facebook link above.

Assumption of Risks: Participation in running and conditioning programs carries with it certain inherent risks that cannot be eliminated regardless of the care taken to avoid injuries. I know that running is a potentially hazardous activity and certify that I am in good health and physically fit to enter into a training program. I acknowledge that I am aware of the many risks involved in athletic training in general and running training specifically, which risks include by way of example and not limitation: 1/ minor injuries such as scrapes, bruises, sprains, and strains, 2/ more serious injuries such as joint, muscle and bone injuries, concussions and other head injuries, heat related injuries such as heat stroke and heat exhaustion, dehydration and over hydration conditions such as hyponatremia, and catastrophic injuries and conditions such as heart attacks and other conditions and injuries which could be fatal. I hereby assert that my participation is voluntary and I knowingly assume all risks.