



FAQs

1. What fitness level do I have to be at to participate?
No Boundaries is a true beginner program, though you should be able to walk for 20 minutes without stopping at minimum when the program starts. We will offer pace groups and coaching for walkers, run/walkers, and runners.
2. When does the program begin?
You will need to attend one of the open house nights, March 9-11, 2010. The first day of class is Wednesday, March 17, 2010.
3. When are the class meetings?
Wednesday evenings at 6:30pm and Saturday mornings at 7am.
4. Where will the classes be held?
Wednesday and Saturday runs will be held at Creve Coeur Lake and will begin at Sailboat Cove. There is ample parking and restrooms are available at the start.
5. How long is a typical class?
Each group will establish its own pace, but classes will be completed between 60-75 minutes, including general announcements, training topics, warm-up/cool-down, and the training run.
6. Who will coach the program?
Experienced runners who want to help you succeed! Each coach has been selected for their love of the sport and willingness and dedication to helping others reach their goals!
7. What and when is the goal race?
The goal race is the May 22nd Run for the Stars 5K in Forest Park.
8. What is the cost of the program and what do I receive for the registration fee?
The 10 week program is \$75 and includes your coached runs, training tips, seminars, technical shirt and other program perks. A discounted race registration is available but is not included in the program fee.
9. How can I get more information?
Please contact Kristen Murphy at kristen@fleetfeetstlouis.com or at 636.734.0719.
10. When and how do I register?
Registration is available in any FLEET FEET location or by returning a registration form via fax (636-939-0162) or scan and email to kristen@fleetfeetstlouis.com.

Forms can be accessed by visiting:

<http://www.fleetfeetstlouis.com/trainingteam/noboundaries.htm>