



Lightning Running Club (LRC) **Distance Running and Road Racing (DR³)**

DR³ is an informal distance running and road racing program for:

- **Runners (youth and their parents!)** who would like to keep up their endurance/conditioning and run some road races during the spring and summer.
- **Youth runners** preparing to run youth track starting in the spring.
- **Youth runners** preparing for the Fall 2009 XC season (both youth club and high school).

Program Specifics

- **Weekend practices** (see below, Phases 1 to 3) open to all runners ages 6 and up, including parents.
 - participating 6 yr. olds must be able to run 2 km (1.24 miles) comfortably.
- **Weekday evening practices** for runners age 8 and older, including parents.
 - participating 8 yr. olds (and older) should be able to run 5 km (3.1 miles) comfortably.
- **Practices will include warm-up/stretching, a distance run, & cool-down; core (abdominal muscle) training sessions; & guidance/advice on road racing pacing/strategy.**

Phase 1 - Winter. February through March:

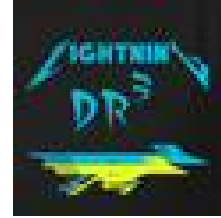
- Sunday afternoon (2:30 PM) practice on C&O Canal towpath Monocacy Aqueduct Access and other local venues
(C&O Canal Towpath directions: Take Rte. 28 S towards Dickerson, right on Mouth of Monocacy Rd., meet in main parking lot).

Phase 2 - Spring. April through June:

- **Practice 1:** One weekday early evening (e.g., 5:30 PM) practice.
Practice site will vary and potentially include the Villages of Urbana, Windsor Knolls neighborhood, Kemptown Park, Baker Park, Worthington, etc.
- **Practice 2:** Sundays on the Towpath or at other local running venues.

Phase 3 - Summer. July through early September

- **Practice 1:** One weekday early evening (e.g., 5:30 PM) practice.
Practice site will vary and potentially include the Villages of Urbana, Windsor Knolls neighborhood, Kemptown Park, Baker Park, Worthington, etc.
- **Practice 2:** Sundays on the Towpath or at other local venues
- **Road Races - March through early September** at least one per month on Saturday or Sunday.
 - Distance raced to be determined by age, fitness level, and ability.
- **Cost:** \$50 registration fee for all participants (youth and adult) which includes one performance shirt of your choice (see selection below) and running shorts; individual athletes cover their own race entry fees.
- **Practice attire:** Good pair of running shoes and weather appropriate running gear. See Coach Darcy or Coach Greg if you need advice on running shoes.
- **Contact:** Darcy or Greg Strouse
H: 301-874-6023
E-mail: lrc_xc@yahoo.com
Web URL: www.xecu.net/strouse/lrc-dr3
Address: 8509 Guertin Ct., Frederick, MD 21704



LRC DR³ Program Registration Form

Participant's
Last Name: _____ First Name: _____

Address: _____

Email Address: _____

Phone Number: _____

Gender: F M Age: _____ Birthdate: ____/____/____ (mm/dd/yy)

Cost

\$50 per participant

Includes DR³ performance racing shirt (see 2009 Options Below)

Make check payable to: *Darcy Strouse*

Waiver – I authorize participation in the above running program. I assume all risks and hazards incidental to such participation both during the activity and en-route, and do hereby release and waive all claims against the LRC, its staff, volunteers, and participants. I also grant permission for emergency first aid to be given in case of injury.

Refund Policy: No refunds will be given after the first two weeks of practice have been completed.

Participant Signature: _____

Parent Signature (if under 18): _____

Date: _____



LRC DR³ Team Uniform Order Form

Participant's Name: _____

Performance Shirt:

Performance Shirt Options	Check Color:		Check Size:						
	Red	Graphite	YM	YL	S	M	L	XL	2X
Youth Loose Fit Short Sleeve Tee									
Adult Loose Fit Short Sleeve Tee									
Women's V-Neck Sleeveless									
Men's Sleeveless Tee									
Adult Long Sleeve									

Running Shorts:

Running Shorts	Check Size:							
	YS	YM	YL	S	M	L	XL	2X
RED Running Shorts								
Youth								
Adult Men's								
Adult Women's								

Notes: 1) One shirt per registrant.; 2) Youth Tee in Red only.; 3) DR³ Logo on front and back of shirt