

Enrollment Information and Instructions

The Wabash Valley Roadrunners welcomes you to Trained in Terre Haute 2019! TNT, as our program is commonly referred to, is a 16 week training program to prepare athletes of all levels to complete (and compete) in a spring Half-Marathon. There are several Half-Marathons in the spring that will fit into this training schedule. We will also continue to take a group to Indianapolis for the Indy Mini Marathon on May 4th.

The directors and coaches are preparing for another great year of training and we look forward to your participation. This will be our 20th year of serving the community through the TNT program. This program has introduced so many to the joys of fitness, health and friendship through running and walking. We at WVRR are proud of the opportunity you give us each year and hope that you join us, not only in making a great year for TNT, but continue your effort through active participation in your local running club and its activities.

An informational and registration meeting for Trained in Terre Haute will be held on **November 27, 2018 at 7:00 in the cafeteria at North Vigo High School. Training will start on January 15th at the same location and time.** The January 15th meeting will officially kick-off training and is a mandatory meeting. In addition to distributing books and training shirts, we will have a brief clinic focusing on training theory, winter running and common injuries and their prevention.

In the interest of safety and common sense, we recommend that any one registering for TNT who is not currently acclimated to performing rigorous physical activity get medical approval before enrolling.

This packet includes two items, a Trained in Terre Haute Registration Form and the One America Indianapolis Mini Marathon Entry Form. **Both must be correctly and completely filled out. It is very important that you provide us with an e-mail contact. This is our primary method of communication throughout the program.** The application(s) must be received no later than **January 8, 2019.**

This year, we will offer three tiers of participation in the TNT Program:

	TOTAL INDY MINI PACKAGE	INDY MINI PACKAGE – w/o REGISTRATION	HALF-MARATHON TRAINING PROGRAM ONLY
Cost	\$155	\$90	\$65
Includes:			
One-Year Membership to WVRR	X	X	X
Entry into Indy Mini Marathon	X		
Courtesy Packet Pickup in Indy	X	X	
Chartered bus transport to/from Indy Mini	X	X	
Party tent and bag storage at Indy mini	X	X	
Long-Sleeve Technical Training shirt	X	X	X
Training clinics	X	X	X
Discounted fitness club memberships	X	X	X
20% disc at Pacesetter Sports	X	X	X
10 Mile High Pizza Party	X	X	X
Goal-oriented training schedule	X	X	X
Training & seeding 5k & 10k time trials	X	X	X
Race singlet	X	X	X
Indy Mini pre-race pasta dinner	X	X	
Post-training party	X	X	X
FUN ALL WINTER LONG	X	X	X

If you are doing the Indy Mini we strongly urge that you enter through TNT. (Our arrangement with the race organizers allows us to monitor these entries and ensure that they are correct. It also allows us to pick up all of the registration packages from Indianapolis and bring them back to Terre Haute.)

The TNT training levels are defined as follows:

Fitness Walker - The athlete intends to walk the entire 13.1 miles, current fitness level is not relevant.

Beginning Runner - The athlete is new to running and may find it necessary to walk short intervals.

Intermediate Runner - The athlete has done TNT before or has run races of 10k or longer.

Advanced Intermediate Runner - These athletes are interested in running faster regardless of current pace. This is a performance-based training group and the workouts will be more difficult. Runners in the advanced groups will receive a more individualized training schedule complete with goals and will be expected to take part in the Training Series Races time trails. If you want to get faster and fitter you may be interested in this group! This group's primary focus is on those wishing to run the a half-marathon in under 2:00.

Advanced - The athlete wishes to run faster regardless of current pace. This is performance-based training and more individualized. The group is primarily for those wishing to run the mini under 1:40.

You may switch levels provided you tell both coordinators.

Any questions?

E-mail: **Buddy Green at buddygreen1@icloud.com or
Ellie Caldwell at ecaldwell@sackrider.com
or share on the WVRR Facebook page.**

We are looking forward to training with you!