



Welcome to the 2012 Run Wild Missoula Galloway Training Program

You are participating in the second year of marathon-half marathon training offered by Run Wild Missoula in partnership with Galloway Productions. We believe you are in for a treat! Last year's class developed physical endurance, mental motivation, and enduring friendships in the process of working toward distance running goals. We expect the same will be true for you.

The Galloway program leadership team consists of program director (PD) Pam Gardiner, program co-director (PCD) John Pitcairn, and 15 pace group leaders (PGLs). We are committed to providing you with an effective, personalized approach to training injury-free for an ambitious goal. We are using a proven approach developed and trademarked by Jeff Galloway, based on his work with hundreds of thousands of runners for more than thirty years.

BENEFITS

Most people who get into a regular exercise program find that they have more energy, are sick less often, and maintain a more positive attitude than before. You will find personal resources that you didn't know were there. And, you will have FUN as you get to know the members of your class and share the experience of building toward common goals.

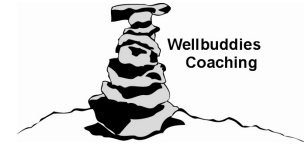
GO SLOWLY, WALK OFTEN

The Galloway program emphasizes the long run, which trains you to sustain effort over longer and longer distances. Galloway also prescribes walk breaks at intervals determined by your intended pace for a particular session. Your PGL will enforce the training pace and walk breaks for your pace group, with increasing emphasis on going slowly as the distance increases.

If you have been running in the past, you might find a slower pace with walk breaks annoying at first. Stick with it and you will gradually learn from experience that you can increase endurance steadily, avoid injury, and recover more quickly than you did under other training programs.

SAFETY & SUPPORT

- **Carry ID at all times, including known problems and emergency contact information.** *Run Wild Missoula members can order a free ID at www.ID4EMT.com. Click Run Wild Missoula in the left-hand column and use code RWM11 at checkout.*
- Runners will use trails or sidewalks where possible, and will run on the left side facing traffic when running on the road.
- Runners will watch for cross traffic, and not assume that traffic stopped for the runners ahead will remain stopped.
- If a runner falls behind (due to fatigue, injury, illness) either a PGL or a designated group member will remain with them or arrange for transportation. **No Galloway program participant is left behind.**



- Winter running carries unique challenges. See separate attachment for winter tips, get ideas from your PGLs, and ask other runners for advice on safe winter running.

MEDICAL CHECK

Check with a physician who knows the effects of strenuous exercise. You need to make sure there are no factors that would put you at risk for exercise-related cardiovascular problems. Those with one or more of the following risk factors should make an extra effort to get a physician's clearance: diabetes, more than 50 pounds overweight, smoking (past or present), high cholesterol, high blood pressure, or close relative with cardiovascular disease.

You must be sensitive to the first signs of cardiovascular distress, such as: irregular heart rhythm, shortness of breath, pain in the chest, or any other unusual reactions of the cardiovascular system. If any of these occur during your training session, slow down and get help immediately.

MEDICAL EMERGENCIES

- The Program Director (PD) will maintain emergency contact numbers for the class and will carry the list at all times during a training run. If the PD is absent, an alternate will be designated for that day and all Pace Group Leaders (PGLs) notified.
- PGLs will carry a cell phone and the PD's (or alternate's) cell phone number.
- In case of emergency, PGL will call 911 & stay with the runner until help arrives.
- Once help is on the way, PGL will call the PD.
- PD will call the emergency contact for the runner having the emergency.

EATING AND DRINKING

As you begin training, you will experiment with how much to eat and drink before and during a run in order to balance hydration/energy with the need for frequent pit stops. The training program will provide water stations when we expect to be out for 2.5 hours or more at a time. However, it is always important for you to carry some water and food when going out for more than 1 to 1.5 hours. Even when we plan for aid stations, something can go wrong so everyone is expected to bring along the minimum needed to handle a given training run.

SEMINARS

Galloway training program leaders will share useful information about running and related subjects each time we meet. In addition, we will host monthly outside speakers for topics such as injury prevention, nutrition, cross-training, and mental preparation.