



ADULT RUNNING & LEARNING RETREAT

Our goal is to stimulate a love for running in adult athletes by sharing information on how to develop an effective training program. As runners and physiologists, we hope to offer an unforgettable learning and running experience — no matter your age or skill level.

Our mission is to provide athletes with the tools to improve and to enjoy life-long running.

**FURMAN UNIVERSITY
GREENVILLE, SC
MARCH 11—14, 2010**

Arrive by 1:00 p.m., Thursday, March 11.
Depart at 1:00 p.m., Sunday, March 14.



Who Should Attend

The Furman Institute of Running and Scientific Training (FIRST) Adult Running & Learning Retreat is designed for runners wishing to optimize their training, maximize their running performance, and minimize injuries, whether their preferred distance be the 5K or the marathon.

About the Retreat

The retreat is limited to 16 runners with an approximate three to one ratio of runners to staff, allowing for personalized attention. **Spaces are limited to the first 16 registrants.**

Runners will be given a firsthand opportunity to work with experienced and successful runners and coaches, including the founders of the FIRST program at Furman University. All runners will receive an individualized training plan upon completion of the program.

Educational sessions are scheduled throughout the day, interspersed with lab testing assessments, training runs, demonstrations and social opportunities.



The extended weekend will feature the following:

- Individualized Analysis of
 - Maximal Oxygen Consumption (VO_{2max})
 - Lactate Profile
 - Running Economy
 - Body Composition
 - Video of Running Biomechanics and Gait
 - Training Plan
- Lodging in nearby hotel; shuttle service provided
- Catered, nutritious meals
- Educational sessions and demonstrations
- Unlimited access to the FIRST staff
- Scenic runs
- And much more!



Runners will learn about:

- The FIRST Training Plan (“3 plus 2” method, featured in *Run Less, Run Faster*)
- Nutrition
- Strength Training for Runners
- Cross Training to Enhance Your Running
- Stretching and Flexibility Training
- Injury Prevention
- Proper Running Form
- How to Design an Effective Training Plan
- The Psychology of Running and Racing

WWW.FURMAN.EDU/FIRST

FIRST@FURMAN.EDU

MARCH 11–14, 2010



Faculty



Bill Pierce, professor and chair of the Health and Exercise Science Department, not only competes in marathons, but conducts research and writes about marathoning. Bill has completed 35 marathons since 1977. His research and publications focus on how aging and pacing affect marathon running performance.



Scott Murr, director of the Furman Fitness Center, is a member of the Health and Exercise Science Department faculty at Furman University. He coaches runners and multi-sport athletes. Scott has been a runner for more than 25 years and has completed 11 Ironman Triathlon races.



Ray Moss, professor of Health and Exercise Science, is the director of the Molnar Human Performance Laboratory. Ray has developed a highly sophisticated computerized system for assessing the physiological measures that are the key factors in running performance. A former student of world-renowned physiologist and running coach, Jack Daniels, Ray employs many of Daniels' testing techniques and procedures.



Mickey McCauley attended Furman and was a member of the Track and Field and Cross Country programs. He is certified as a personal trainer by the American Council of Exercise and a USA Track and Field certified level II coach. Mickey has been coaching running programs for 10 years. He is a FIRST faculty member, camp director for the FIRST Cross Country Camp, and has been running for more than 25 years.



Blaise Williams, Associate Professor of Physical Therapy at East Carolina University, specializes in orthopedic and sports rehabilitation, particularly of the foot and ankle. He provides the FIRST Running Retreat participants with a biomechanical analysis of their lower extremities during running, a review of that analysis, and recommendations for injury prevention.



Jill Lucas graduated from Furman University in 2007 with a B.S. degree in Health and Exercise Science, and from the University of North Carolina-Chapel Hill in 2009 with a M.S. degree in Exercise Physiology. She is currently enrolled in a doctoral program in Exercise Physiology at the University of Georgia. Jill was a member of the cross country and track teams at Furman. Her senior year internship focused on developing and organizing an adult running camp. That project led to the development of the FIRST Running Retreat.



Reserve your space in the Retreat by calling
Lonita Stegall at (864) 294-3416.

Registration Fee: \$1,000 includes all retreat activities, except lodging.

Lodging available at local Hampton Inn for \$74 per night. Call (864) 834-5550 by January 15 for this retreat rate and mention "FIRST Running Retreat at Furman." Registration fee includes shuttle service to and from the Hampton Inn, as well as to and from the Greenville Spartanburg Airport (GSP).

Deposit of \$250 required to reserve space. Deposit is not refundable after January 15, 2010.

Balance of \$750 due by February 1, 2010.

Due to the individualized nature of this retreat, fees are non-transferable.

More information and daily schedule will be sent upon receipt of retreat registration.

Facilities

A private liberal arts university, Furman University was founded in 1826. The university is nationally acclaimed for its academic excellence and Engaged Learning program. Its 750 acre campus includes a lake, 36 major buildings, and a modern eight-lane Mondo™ track. Furman was home of the 1997 and 2001 NCAA Division I cross country championships. The Retreat will utilize the on-campus human performance testing lab, fitness center, and indoor pool.

Furman offers the ideal setting for such a program. Runs will take place on the beautiful campus and cross training in the Furman Fitness Center.