



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
MAY 21-24, 2020

WWW.FURMANFIRST.COM

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 two 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.

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



Retreat Exercise Training

Thursday—Treadmill, approximately 30 minutes
Friday—Drills and interval workout
Saturday—Cross training and strength training
Sunday—Tempo run, 20-30 minutes

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
- 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
- Racing Strategy

FIRST@FURMAN.EDU

Faculty



Bill Pierce, professor emeritus of Health Sciences, conducts research and writes about running. Bill has completed 42 marathons since 1977. His research and publications focus on aging.



Scott Murr, Assistant Professor of Health Sciences is the Director of the Molnar Human Performance Laboratory. He conducts physiological assessments and trains endurance athletes. Scott has been running since 1976 and participating in multisport events since 1984. He has completed the Ironman World Championship in Kona, Hawaii six times.



Phil Gregory is a Physical Therapist with Furman Sports Medicine. He works with the athletes of Furman University and specializes in the treatment of orthopedic and sports injuries. He is a board certified Orthopedic Clinical Specialist and a Certified Strength and Conditioning Specialist. Phil is a former collegiate triathlete and continues to compete in his spare time.

JOIN US MAY 21-24, 2020



Mickey McCauley, assistant track and field coach, is certified as a personal trainer by the ACE-ACSM and a USA Track and Field certified level II coach. Mickey has been working with runners and designing running programs for over 20 years. He directed the Furman Cross Country Camp for 13 years and is the Race Director of the Red, White, and Blue Shoes 5K Race.



Jill Lucas graduated from Furman University in 2007 with a B.S. degree in Health and Exercise Science. She earned a M.S. degree from the University of North Carolina-Chapel Hill and a Ph.D. from the University of Georgia, both in Exercise Physiology. She is an Assistant Professor of Exercise Science at the University of Lynchburg. Jill was a member of the cross country and track teams at Furman.

Reserve your space in the Retreat by calling Lonita Stegall at 864.294.3416.

Registration Fee: \$1,700 includes all retreat activities, except lodging.

Lodging available at The Hampton Inn in Travelers Rest, SC. Call 864.834.5550 by **March 6** and indicate that you will be attending the “FIRST Running Retreat at Furman” to receive our corporate rate of \$119 per night. Registration fee includes shuttle service to and from the Hampton Inn.

- **Deposit of \$500 required to reserve space. Deposit is not refundable after March 6. A cancellation fee of \$100 will be charged.**
- **Balance of \$1,200 due by March 6.**
- **Due to the individualized nature of this retreat, fees are non-transferable.**



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 Beynon™ track. Furman was home of the 1997 and 2001 NCAA Division I cross country championships.

Furman offers the ideal setting for such a Running Retreat. The Retreat will utilize the on-campus human performance testing lab, University classrooms, University fitness center, and runs will take place on the beautiful campus and local running paths.