



WELCOME TO FLEET FEET SPORTS ROCHESTER WINTER WARRIOR PROGRAM!!!

Program Dates: December 10th 2013 – March 5th 2014

Program Costs: \$12.00 until Dec. 9th and then Dec. 10th the price increases to \$15.00.

Registration will close at 7PM on December 28th, NO EXCEPTIONS! (*Online registration only*)

Program Goals: To keep us active, outside, motivated, and together during the long Rochester Winter – no hibernating until Spring

Not only do you get to have a lot of fun, but you also get a ton of great stuff too! Check it out

- Fun prizes for attendance
- Fun events and themed runs
- A place to start and finish runs/walks and a place to store your keys
- Weeks of wonderful winter training to keep you motivated through the holidays and in shape into the spring
- A group to run/walk with all winter
- Winter Warrior shopping day!
- Exclusive Winter Warrior Newsletter with surprises inside
- Winter Warrior gift for participation!

The Program works like this

- Attend any of our free weekly workouts and earn 5 points every time you participate
 - Mondays 6PM@ Fleet Feet Sports Ridgeway
 - Tuesdays 6PM @ Fleet Feet Sports Brighton/Armory
 - Fridays 6PM @ Fleet Feet Sports Ridgeway
 - Saturdays 8AM locations vary
- Finish the Reindeer Run by Fleet Feet Sports and earn 10 points
- Finish any of the Fleet Feet Snow Cheap Trail Series Races and earn 7 points
- Finish any other winter event that YellowJacket Racing times and earn 3 points
- Finish a Rochester snowshoe event, indoor track meet, indoor triathlon, or race and earn 1 point. Please see APPROVED Winter Warrior events list. Please note: you will only receive points for APPROVED events (events list subject to change).

You'll earn prizes along the way based on the points you've earned to date – good prizes, gooder prizes, better than gooder prizes, Winter Warrior logoed things, more prizes and pats on the back and an attaboy/girl! We'll track your points and post standings online weekly.

Register today Online (no surcharge)

<https://runsignup.com/Race/NY/Brighton/WinterWarrior2014>

Winter Warrior Rules:

- Once you sign up there is no opt out, you're in! (Sorry No Refunds)
- You must be responsible to sign in to earn your points at Fleet Feet Sponsored events and runs.
- Any non-Fleet Feet event points must be reported via email by the following Monday by Noon.
- You are responsible for signing into group store workouts/runs.
- You MUST do the prescribed workout for the day – no signing in and heading off to do your own workout!
- No starting early, nor late. A group workout means workout out with a group. Love each other!
- For evening workouts we require a headlamp and reflective clothing!!! Bright colored clothing always recommended! Safety First!
- If on Saturdays you want to do a race and a workout, you must complete the prescribed store run at 8AM before the race starts and then do the race to receive points for both.
- NO WHINING!
- NO selling, buying, bartering, giving, donating, stealing, bargaining, haggling, negotiating, swapping, trading (or equivalent to these words) for points.
- Absolutely no whining about the prize you earn. You accept it, thank the person and smile.
- Read the Winter Warrior emails. It's your fault if you don't know something 😊
- Absolutely no spiked/studded shoes inside ANY store.
- You must support each other through this endeavor...yes you can do the mini chastise because you have more points, but in a manner to entice the other to want more points.
- You must have fun, fake it if you have to, but fun is to be had by ALL!
- You must obey the parking rules! Failure to obey will result in a 10 point **deduction**.

The winner will be crowned at the Fleet Feet Snow Cheap Winter Trail Series Race 6 wrap-up party on Wednesday, March 5th.

Let's all be **Winter Warriors**, so layer up, lace up your trail shoes, get your snowshoes ready and let's have some fun this Winter!

