

# WELCOME TO FLEET FEET ROCHESTER'S WINTER WARRIOR PROGRAM!!!

Program dates: December 13, 2011 - February 29, 2011  
Program cost: \$0, nothing, nada, zilch!!  
Program goal: To keep us active outside during the long Rochester winter - no hibernating until spring allowed!!

## The program works like this -

- FF Attend any of our free weekly workouts (at either location) and earn 5 points every time you participate! These workouts include Tuesday at 6pm (Hills in East/Flats in West); Friday at 6pm (Happy Hour run OR walk); and Saturday 8am (carb run OR walk)
- FF Finish any of the Fleet Feet Snow Cheap Trail Races presented by Salomon and earn 7 points per event.
  - o Dec. 21<sup>st</sup>, Jan. 4<sup>th</sup>, Jan. 18<sup>th</sup>, Feb. 1<sup>st</sup>, Feb. 15<sup>th</sup>, Feb. 29<sup>th</sup> - *The Winter Warrior Finale*
- FF Finish the Lake Effect Winter Trail Festival and earn points as follows: 13 Miler - 12 points; 4 mile - 8 points; 2 mile - 5 points. This event will be held at Webster Park on January 22nd. (no double dipping on races for pts)
- FF Finish any other winter event that YellowJacket Racing times and earn 3 points. This includes the Jingle Bell 5K and all of the Freezeroo events that fall within the Winter Warrior program dates.
- FF Finish a Rochester snowshoe event, indoor track meet, indoor triathlon or Polar Cat event and earn 1 point.
- FF Finish Darts Lake Dash and earn points as follows: 10K - 10 points; 5K - 6 points; Snowlympics - 1 pt per ympic you participate in. This event will be held at Camp Gorham on January 28<sup>th</sup> and 29<sup>th</sup>.

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 thing, more prizes and pats on the back and an atta boy/girl! We'll track your points and post standings online weekly. Be sure to tell us if you participate in an event that we aren't timing, so we can include those points.

## Rules:

- FF You must sign in and write legibly before each workout (PRINT) - if we can't read it, then no points
- FF There is no opt out - once you come to a workout and sign in, your in!
- FF You must do the prescribed workout for that day - no signing in and heading off to do your own thing!
- FF No starting early, nor late. A group workout means working out with a group. Love each other!
- FF For evening workouts, we require headlamp and reflective clothing!!!! Bright color clothing always recommended.
- FF If on Saturdays you want to do a race and a workout, you must do the 4 mile minimum prescribed workout at 8AM BEFORE the race starts, then do the race.
- FF If you ran a race, you must inform the WW Administrator - Kate - via email with what race & your name to [training@fleetfeetrochester.com](mailto:training@fleetfeetrochester.com).
- FF NO WHINING!
- FF NO Selling, buying, bartering, giving, donating, stealing, bargaining, haggling, negotiating, swapping, trading (or equivalent to these words) for points
- FF Absolutely no whining about the prize you earn. You accept it, thank the person giving it to you and smile.
- FF Read the Winter Warrior emails. Its your fault if you don't know about something. ☺
- FF Absolutely no spiked/studded shoes inside ANY store.
- FF 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.
- FF You must have fun, fake it if you have to, but fun is to be had by ALL!



*The winner will be crowned at the Fleet Feet Snow Cheap Winter Trail presented by Christa Construction race wrap-up party on Wednesday, February 29th.*

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!!!