



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
JUNE 4-7, 2015

LET'S MAKE
EXCELLENT
HAPPEN.


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.



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
- Racing Strategy

WWW.FURMANFIRST.COM

FIRST@FURMAN.EDU

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Faculty



Bill Pierce, professor and chair of the Health Sciences Department, not only competes in marathons, but conducts research and writes about marathoning. Bill has completed 40 marathons since 1977. His research and publications focus on how aging and pacing affect marathon running performance.



Scott Murr, Assistant Professor of Health Sciences, conducts 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.



Ray Moss, professor of Health Sciences, is the director of the Molnar Human Performance Laboratory. Ray conducts physiological and biomechanical assessments of 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, 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 designing running programs for 12 years. He is the director of the Furman Cross Country Camp and the Red, White,

and Blue Shoes 5K Race, and has been running for more than 30 years.



Blaise Williams, Physical Therapist and Biomechanist at Commonwealth Sports Medicine in Richmond, Virginia, 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. 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 Lynchburg College. 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: \$1,400 includes all retreat activities, except lodging.

Lodging available at The Hampton Inn in Travelers Rest, SC. Call 864.834.5550 by **March 13** and indicate that you will be attending the "FIRST Running Retreat at Furman" to receive our corporate rate of \$99 per night. Registration fee includes shuttle service to and from the Hampton Inn, as well as to and from the Greenville Spartanburg Airport (GSP).

- **Deposit of \$500 required to reserve space. Deposit is not refundable after March 13, 2015.**
- **Balance of \$900 due by March 13, 2015.**
- **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 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.