



FAQs

1. What fitness level do I have to be at to participate?
No Boundaries is a true beginner program! If you are taking your first steps or coming back to running after a long break, this program is for you.
2. When does the program begin?
The first day of class is: Tuesday, May 13th for the St. Charles program;
Thursday, May 15th for the Chesterfield program.
3. When are the class meetings?

St. Charles classes will be held: **Tuesday** evenings at 7pm and
Saturdays at 7am.

Chesterfield classes will be held: **Thursday** evenings at 7pm and
Saturdays at 7am.
4. Can I attend either weekday program?
Weekday classes are being conducted separately, so you will need to attend the class meetings for which you register.
5. Where will the classes be held?
Tuesday evening training runs for the St. Charles class will be held at the running paths behind City Hall and the Rec-Plex off Mexico Road.

Thursday evening training runs for the Chesterfield class will be held at the Crestview Middle School track and then progress onto the surrounding neighborhood off Clayton and Clarkson.

Saturday long runs will be held at Creve Coeur Lake and will begin at Sailboat Cove at 7am.
6. How long is a typical class?
Each group will establish its own pace, but classes will be completed between 60-75 minutes, including general announcements, training topics, warm-up/cool-down, and the training run.
7. Who will coach the program?
There is a separate coaching staff for the St. Charles and Chesterfield classes. You will train with the same coach for the duration of the program. Each coach has been selected for their love of the sport and willingness and dedication to helping others reach their goals!

8. What and when is the goal race?

The "No Boundaries 5K" (3.1 mile distance) will be held on Saturday, July 19th at Carondelet Park.

9. What is the cost of the program and what do I receive for the registration fee?

The 10 week program is \$75 and includes your No Boundaries 5K registration, New Balance technical shirt, hat, water bottle, and socks, plus your coached runs, training tips, and seminars.

10. How can I get more information?

We will host two information meetings in April:

**Monday, April 21st* at FLEET FEET St. Charles

**Monday, April 28th* at FLEET FEET Chesterfield

Both meetings will be held from 6-8pm. You only need attend one meeting and you are encouraged to attend the meeting for the location at which you intend to participate. You will be able to meet your coaches (for the specific location) and pick up your items included with the program. If you register before the information meeting, you will be asked to choose which meeting you will attend.

11. When and how do I register?

You can register at either FLEET FEET location, at one of the information meetings, or online at <http://www.fleetfeetstl.com/trainingteam/BOUNDARIES/noboundaries.htm>

Please register for the class location for which you intend to participate. Online registration is available at this time.

You can also sign up to receive the FLEET FEET Flyer to receive the most current information about program details at <http://www.fleetfeetstl.com/flyer/main.htm>