

5K Training Tips

The 5K is quite possibly the most popular race in the country. There are races in just about every city for just about every occasion. Here in Statesboro, we have four annual races, the Hoofin' for Habitat 5K on October 15th, the 5K Jingle Bell Reindeer Run on December 1st, the NIRSA Day 5K on February 18th, and the 5K Peanut Run in August. The 5K is a great race because it is short enough for even a beginning runner to finish, but such a significant distance that it's important training for even Olympic marathoners. The 5K is three Miles, plus 188 yards, or five kilometers. If you are considering making Hoofin' for Habitat your first 5K run, here's some training tips from Runner's World Magazine.

Run 3 Or More Days A Week

The higher your goals, the more training days you should log. If you race a 5-K and find yourself fading during the last mile, there are two likely explanations: You went out too fast; or you lacked endurance because you hadn't done enough days of consistent training.

Include A Weekly Long Run

A realistic long-run goal for a first-time 5-K runner: 4 miles. Do your long runs at a slow and comfortable pace. If necessary, take a 1-minute walking break every mile. Intermediate and advanced runners should build up to 8 miles or more.

Increase Your Mileage

We suggest a bare minimum of 8 miles a week.

Build Up Gradually

One time-honored rule: Increase your weekly mileage by no more than 10 percent per week.

Do Tempo Runs

On tempo runs, you run faster than your everyday pace for 15 to 30 minutes. Most coaches describe the effort level as "comfortably hard." Tempo runs increase your speed and endurance, and accustom you to pushing yourself more than normal in your training.

Switch on The Speed

At some point, you'll want to add a little speedwork. In a pickup, you gradually accelerate to a hard pace (but not all-out), and then hold that pace for just 10 to 20 seconds. After the pickup, you return to your normal relaxed pace for 2 to 4 minutes, then do another pickup. A simple speed workout of this kind might include four pickups. As you get stronger and more confident, add more pickups in a gradual manner.

Run Negative Splits

The idea: to finish the race or workout faster than you started it. Research and real-life experience have shown that the negative-splits approach leads to the best distance-running results. An added benefit of negative-splits training and races: In races, you'll catch a lot of other runners in the last mile. Ah, the sweetness of a well-run 5-K.



Statesboro, Georgia's Seventh Annual

5K FUN RUN/WALK

1/4 MILE KIDDIE RUN

Benefiting Habitat for Humanity of Bulloch County



WHEN Saturday, October 15, 2005, 8:30 a.m. for 1/4 Mile Kiddie Run, 9:00 a.m. for 5K Fun Run/Walk

WHERE All events begin and end at the Recreation Activity Center (RAC) on the Georgia Southern University campus in Statesboro, GA. The RAC is located on Akina Blvd., which is accessible via the southern entrance to campus off Veteran's Memorial Parkway (i.e., U.S. Hwy 301 Bypass located between State Hwy 67 and U.S. Hwy 25/301).

COURSE This fast 5K course runs through Georgia Southern University's scenic campus and has only mild changes in elevation.

ENTRY FEE 5K Fun Run/Walk \$15.00 postmarked by Oct. 10th; \$20.00 after Oct. 10th; \$10.00 Students (with ID); \$2.00 Discount for Statesboro Pacers; 1/4 Mile Kiddie Run FREE, but you must register to participate; \$5.00 if T-shirt desired.

PACKET PICKUP/RACE DAY REGISTRATION Race day registration and packet pickup will be at the Recreation Activity Center, on campus, at the following times: Friday, October 14th, 4:00-8:00 p.m. & Saturday, October 15th, 7:00-8:15 a.m.; T-shirts guaranteed to all pre-registered 5K participants & available to 5K race day entrants, while supplies last. **Avoid the long lines & register early!!!**

APPLICATIONS & MORE INFO Event website & download application from www.StatesboroPacers.com, Online registration available at active.com or contact Michele Martin at Campus Recreation & Intramurals, (912) 681-5436 or cri-p@georgiasouthern.edu.

AWARDS AND DIVISIONS Prizes will be awarded to the top female & male overall, top female & male masters (i.e., age 40+), and top 3 female and male finishers in the following age categories: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

POST RACE EVENTS & RAFFLE Refreshments, music by 103.7 the Boomer, and food will be provided at the RAC's outdoor pavilion, adjacent to the RAC parking lot. Awards and door prizes will be announced at this time. Additionally, a new 27" color TV and DVD, generously donated by our Statesboro Wal-Mart Distribution Center, will be raffled then. For door prizes and raffle, **you must be present to win.** Raffle tickets are \$2.00 each and can be purchased in advance with this entry form or on the day of the event.

RW'S 5K TRAINING PLANS Whether you're looking to run or walk your first 5K or your fastest 5K, check out the "5K Training Plans" under the News link at www.StatesboroPacers.com. Here you'll find several excellent training programs great for every level of runner or walker, and all endorsed by Runner's World.



ENTRY FORM—HOOFIN' FOR HABITAT 5K FUN RUN/WALK & 1/4 MILE KIDDIE RUN

Make check payable to: Campus Recreation & Intramurals, P.O. Box 8078, Statesboro, GA 30460

5K RUN 5K WALK 1/4 MILE KIDDIE RUN (FREE REGISTRATION; T-SHIRT \$5.00)

Male Female Age on Race Day _____ Date of Birth _____

T-SHIRT SIZE: YM (YOUTH MED) S M L XL XXL (\$1.50 EXTRA)

Name _____ Day Phone _____

Address _____ Email _____

City _____ State _____ Zip _____

Club or Team _____

In consideration of your accepting me/my child's registration, I hereby for myself, my child, my heirs, executors and administrators waive and release any and all rights and claims for damage I or my child may have against CSI and Statesboro Pacers including all representatives who are in any way connected with this event/program. Further, in the event of an injury, I do hereby give permission and consent to authorize such First Aid and/or Medical and/or Hospital care or treatment as deemed appropriate. In addition, I am fully aware of the provisions covered by the fee for this event and I understand that if any emergency arises, any and all additional expenses incurred must be borne or assumed by the participants.

Date _____ Signature _____ Parent or Guardian Signature, if participant is under the age of 18 years _____

AMOUNT ENCLOSED

Entry Fee _____
 Kiddie T-shirt \$5.00 _____
 XXL T-shirt \$1.50 _____
 Habitat for Humanity Donation (optional) _____
 Raffle \$2/ticket _____
 Statesboro Pacers discount less \$2.00 _____
TOTAL _____

OFFICE USE ONLY

Check if or Cash _____
 Date Received _____
 Receipt Number _____
 Initials _____