

## Join the Greenville Track Club

The Greenville Track Club is a growing and exciting Upstate organization known for longtime community involvement and quality running events. The growing interest in running as a healthy lifestyle has resulted in membership growth in the GTC to over 1000 members!

### Benefits include:

- Fun and fellowship with like-minded folks
  - Entry fee discounts to GTC sponsored races
  - Group runs including help from experienced runners
  - Online registration
  - Access to a quality web site with good information and links
  - Eleven meetings a year with interesting and informative speakers
  - Three social events a year
  - Four award winning newsletters per year
  - Discounts from area running stores
- And more!!!

The Greenville Track Club (GTC), was established in 1972 and is the fastest growing running club in the Southeast. Our membership consists of people of every ability level and age group from casual walkers to premier runners and track athletes. The common thread among the membership is a desire to stay fit, enjoy the fellowship of fellow members and have fun while "doing their thing!" It is the goal of the GTC to provide the running, walking and fitness community with a schedule of top quality events in which they can reach life enrichment goals through participation and/or volunteering. Our schedule includes road races, fun runs/walks, summer track and field events, youth programs, mentoring, and yes, more to come! Just as we encourage our area residents to join the GTC to support running, walking and fitness, we also support state and national activities through the USA Track & Field and Road Runners Club of America. We welcome anyone who is interested in becoming a member and look forward to working with them to meet their individual goals and help the GTC be the very best it can be for the membership and the community at-large.

**Join at [www.GreenvilleTrackClub.com](http://www.GreenvilleTrackClub.com)  
or call GTC Hotline (864) 271-0092**

# GTC Steps!

## An Adult Beginners Running Program

Presented by the Greenville Track Club





## GTC Steps - Where to Start!

Have you thought about running, but don't know how to start? Have you heard about the GTC - Greenville Track Club, but thought that it was just for "fast" or "serious runners"? Have you heard that running will help you lose weight, gain fitness, and give you more energy? Also, did you know that running is fun, especially when you get together and do it in a group? Sound great, but you don't know how to get started?

Well, we all start somewhere; it's a journey that begins with a single step and there is no better place to begin than with the GTC Steps "An Adult Beginners Running Program!"

### GTC Steps - Phase I First Steps!

Phase I should be participating in First Steps, a training session held on the first Saturday of each month in Cleveland Park, at the Shelter near the horse stables. The program, coordinated by Ron Chappell, with the help of several other GTC members, was started about three years ago and is a fun, non-intimidating introduction to running as a healthy and fun life habit. First Steps offers a very basic, easy to understand introduction to the most fundamental elements of running in an effort to maximize the likelihood that the new runner will have a positive experience and an increased likelihood of adopting the wonderful, energizing hobby of running.

### GTC Steps - Phase II For the Beginning Runner!

Phase II is a free 10-week Beginners Training Program for new and renewing runners which builds on the basics taught in the First Steps session. With emphasis on the commitment that no one is left behind, the training is lead by GTC member Patti Maloy, 360-2682, a ACSM certified Health Fitness Specialist, Health Coach, 6 year runner who has completed 3 marathons (walk/run type) and has a love for slow/beginning runners. Patti will be assisted by other club members/coaches.

### GTC Steps - Phase III 5K Race!

Phase III offers/encourages GTC Steps graduates to continue their development by committing to and training for one of the GTC's 5K races (see 5K Schedule). 5K group runs and training schedules are available on the GTC website - click on the Steps logo.

### GTC Steps - Phase IV and More!

This phase takes into consideration those runners who have continued to build upon their successes and desire to improve even more! Ongoing training takes into consideration certain cross training activities as well as the ability to increase speed at the GTC Weekly Track Workouts held on Wednesday evenings from 6:00 pm until 7:00 pm on the new soft track at Greenville High School off Dunbar St. in downtown G/V. Further, those who desire to improve there running endurance can do so by participating in yet another GTC Group Run activity which is the Pre-Race Training Run conducted four weeks prior to the event on Saturday mornings, 8:00am at the starting line of the event. Races included in the training runs are Green Valley 10 mile, Reedy River Run 10k, Earth Day Half Marathon, Sunrise 8k, Run Fest Half Marathon and the Paris Mountain 20k. During the four week taining period runners are encouraged to run part of the course in the early weeks and build up to the full route the last week or two.

## GTC Steps - Training Schedule

Beginners Training Sessions will begin on Saturday, February 6, 2010, 9:00am at the Main Shelter near the Zoo in Cleveland Park and will continue for the next 9 Saturdays. Future Sessions are planned and will be announced on our website [www.GreenvilleTrackClub.Com](http://www.GreenvilleTrackClub.Com) click on GTC Steps logo for further information.

Week	Run	Walk	Repeat	Total Time
1	1 min	2 min	7x	21 min
2	1 min	1 min	10x	20 min
3	2 min	1 min	7x	21 min
4	3 min	1 min	5x	20 min
5	4 min	1 min	4x	20 min
6	6 min	1 min	3x	21 min
7	9 min	1 min	2x	20 min
8	12 min	1 min	then run 8 min	21 min
9	15 min	1 min	then run 5 min	21 min
10	20-24 min	2 min	run 3-4 min	28-30 min

## GTC Steps - Phase III 5K Race Shedule

Run Downtown	January 23rd
Reedy River Run	March 6th
Milliken Earth Run	March 20th
Furman Run	April 10th
Earth Day Run	April 24th
Greenville Hospital	May 7th
Red, White & Blue Shoes	July 3rd
Michelin	August 21st
RunFest	October 30th
Paris Mt. Road Race	December 11th

**For more information  
visit [www.GreenvilleTrackClub.com](http://www.GreenvilleTrackClub.com)**

