

Trained In Terre Haute

What Is It?

Trained in Terre Haute is a 16-week training program designed to prepare walkers and runners of all shapes, sizes and abilities to complete the One America Mini Marathon. The “mini” itself is the largest ½ marathon (13.1 miles) in the US and the 8th largest race in the US. This year’s race is on May 5th and is the 35th running of the Indianapolis Mini Marathon. Trained in Terre Haute has proven to be one of the largest and most successful training program of its kind, gaining recognition on local, state and national levels. TNT’s rate of completion (those who successfully finish the race) far exceeds those of other training programs. Our completion rate has consistently been around 90%. The programs success is due to the numerous volunteers of the **Wabash Valley Road Runners**, and their dedication to the sport and the training program. TNT is a not for profit service provided by the **Wabash Valley Road Runners** and our sponsors. Major Sponsors are **Pacesetter Sports** and **The Element Outdoor Outfitters**. Other contributing sponsors are **Anytime Fitness**, **TABCO Business Forms**, **Union Hospital Center for Fitness and Performance**, the **Terre Haute Tribune-Star**.

Brief History

The idea for a mini training group originated during long Sunday morning runs in the summer and fall of 1999. Alan Ley, Mike Morris, and myself, were regulars in this group. We used to pick a different area each week, Saint Mary’s, Park County, Burnett, the Heritage Trail (before it was a trail), to name a few. After the run we would hang out at Alan and Mary’s, stretch, eat and gab. During the first few years of TNT, Alan was Director of the Union Hospital Center for Fitness and Performance. Alan, Mary and Nathan have since moved on, presently residing in Boulder Colorado where Alan is a prominent Triathlon coach and having served as coaching coordinator for the USA Olympic Triathlon Team.

We noticed that several people from Terre Haute ran the mini, but they all trained alone or in small groups. We also felt that many more would be interested on giving it a try if we could make it fun and easy. I approached the WVRR board with the idea and they hesitantly approved. So enter the **Wabash Valley Road Runners**, little did they know that many of them would become TNT slaves. The first year we optimistically prepared 75 training notebooks for our initial meeting at the YWCA. We were short 75 books and Trained in Terre Haute was off and running and walking. In the following years as the group grew we added different things, including a true Training Manual, written and edited by experts in there fields, and Certification of many of our coaches.

This year marks the 13th year for our program. During these years the program has grown in numbers. We train almost 400 athletes each year. We have trained U.S

military personnel in Iraq as well. As TNT has grown so has the **Wabash Valley Runners Road**, now numbering over 400 members.

How It Works

The program officially begins with the registration process. An Introductory and Registration Meeting is held each year. This year that meeting is on a November 14th at the 7:00 pm in the North Vigo High School Cafeteria. This meeting includes an informational talk followed by a registration period. Registration packets may be downloaded from the **Wabash Valley Roadrunners** web site, **WVRR.org**. Registration forms must be received by November 25th, 2011. Our first group meeting will be on January 9th, 2012 in the NVHS cafeteria at 7:00 pm. This is a mandatory meeting; at it we will explain our rules, disperse Training Manuals and training T-shirts. It will also include the first training clinic. These training clinics will be presented by the TNT staff and will cover a variety of topics and information for the benefit of the athletes. The 16 weeks of training starts on the following Saturday. As with all Saturdays we will meet at the Dogwood Shelter in Hawthorn Park. Saturday workouts are progressive long runs. Tuesday workouts are generally short and intense; the actual workout will depend on the training level that you have chosen. Tuesday workouts are held at Torner Center in Deming Park. Your workout schedule will provide you with something to do almost everyday, if you keep up you will have little trouble completing the mini.

Training groups are divided as follows:

Walkers- Those athletes who plan to walk the entire mini

Beginning Runners-Those athletes who are beginning to run or run less 10 to15 miles per week. Run walkers included in this group if their eventual goal is to run. Pace is not important.

Intermediate Runners-The term intermediate is used for lack of a better one. These athletes are experienced runners who have either completed the course before or run a 10k or longer race. This group is for experienced runners who just want to complete the race

Advanced B- These athletes are interested in running faster regardless of current pace. This is a performance based training group and the workouts will be more difficult. Runners in the advanced groups will receive a more individualized training schedule complete with goals and will be expected to take part in the Training Series Races time trails. If you want to get faster and fitter you may be Interested in this group.

Advanced A- This group is similar to advanced B but includes athletes who have a goal of running the mini in 1:40 or faster.

How Much and What Do I Get

The cost of the program is \$130.00

It includes the following:

- Entry into the One America mini Marathon
- Training Manual
- Technical Training T-shirt
- 10-Mile High Pizza Party
- 20% discount on running products at Pacesetter Sports
- Discounted membership to both Anytime Fitness and Union Hospital Fitness Center
- Personalized training schedule
- Optional participation in the training races of 5k and 10k which may be used for seeding times
- Race singlet
- Pre race pasta dinner
- Bus ride to the race
- Post race party
- One-year membership to the Wabash Valley Road Runners.

Frequently Asked Questions

Where are the group's workouts?

Saturdays at Dogwood Shelter in Hawthorne Park. The park is located on Old Maple Ave just west of Hunt Road. Saturday Workouts are at 8:a.m. Tuesday we meet at the Torner Center in Deming Park. Tuesday workouts start at 5:30.

What if I can't make it to all of the workouts?

That is ok, nobody does.

Do I have to pay the entire amount right now?

No; there is a partial payment plan in place and it is included on the registration form.

What if I do not get my application sent in time?

There is a late registration period from November 26 thru December 31. There is an additional \$30.00 charge. After December 31, you will have to wait until next year.

Why do I have to sign up so early?

TNT has an arrangement with the Indy mini program. They hold a certain number of spots for our participants for a fixed time period. This year, our deadline to have all of our entries to them is November 30. In order to get the applications processed and input, we need to get everyone's information by Nov. 25th. Late

applications will only be able to be processed until the mini is full and are subject to the late registration fee that the mini itself charges.

What if I am unable to follow the day to day schedule?

It is not important that workouts be done on the exact day it is the progression that is important.

I want to do the program but will be unable to attend the meeting on November 14th.

Just make sure that your registration is received before the deadline on November 25th. The meeting on January 9, 2012 is mandatory; you need attend if at all possible.

I don't want to ride the bus and won't eat any pizza at the 10 Mile High Party do I get a discount?

No.

I have already registered for the Mini, what do I do?

Follow the instructions on the registration form and make sure to enter your registration confirmation number on the application.

Can I change Training levels once the program has started?

Yes just make sure your group coordinators, both old and new, know.

Other questions may be directed to:

Buddy Green at buddygreen@frontier.com