

Notes:

1. Course fees are \$125 for intermediate/advanced running and \$175 for competitive.
2. If you can only make ½ of the sessions, we will charge you for 10 classes, ½ of the fees in #1 above.
3. We will meet at various Kailua locations for our runs. You will be provided with a worksheet with the locations, the workout and the distances involved. We will provide you with a map of each location and directions for parking.
4. We ask that you bring water to each workout, though we will have water on hand after each workout. Morning runners may want to run with water if the heat index rises in the latter weeks of the course.
5. We will cancel class if it is raining hard. We will use email and phone numbers to advise you of changes to any session.
6. We use a Doodle calendar application to remind you of workouts and ask that you click yes to confirm your attendance. It helps our coaches to know who to look for at each workout.
7. You will be provided with honor run suggestions and we recommend that you augment your course running with other running throughout the week, particularly if you have a specific time running goal for an upcoming event.
8. Run with reflective lighting at night or early morning if you do not have on reflective clothing. Most Kailua drivers are familiar with runners, but if they can't see you, they can't see you.
9. During class we ask that you do not wear earphones. We often shout out that there is a runner or cyclist behind us or point out holes in the road, etc., for safety. We prefer that runners can hear these safety warnings.
10. We run for fitness and fun and we try to keep it safe. Mahalo for joining us on the adventure!