

**Couch to 5K Program: Wellness Wednesday Week 1**  
**FAQ's: Getting Started with the Walking/Running Program**

**What's the deal with Rochester Running Company? Why are we hoping to meet up there on Wednesday evenings?**

*Rochester Running Company (RRC) was founded in 2016 with the goal to be more than just another running store. Owner Jonathan Griffiths had a goal to provide the community with a neighborhood store that is approachable, welcoming, and unique. RRC seeks to provide an inclusive environment to support athletes, from beginner to elite, in achieving their personal goals. RRC also hosts races and events throughout the year which raise money to support various charities. This is in direct support of MCC's core values of inclusiveness and empowerment. RRC has graciously agreed to host us on Wednesday evenings so that we are able to offer a weekly in-person component to our Couch to 5K program, and we are excited to partner with them and also to support their small business.*

**How early should I arrive to my first in-person group run/walk session?**

*We suggest arriving at least 10 minutes early to get checked in, use the facilities and poke around inside the store if desired, and say hello to the other program participants. The Couch to 5K program will begin at ~6:10pm out back behind the store each Wednesday evening, August 11<sup>th</sup> through September 29<sup>th</sup>.*

*\*Note: Rochester Running Company also hosts a free weekly 3 mile fun run on Wednesdays nights, so expect to see those folks gathering for a group picture and taking off for their run right around 6pm.*

**What can I expect when I get to Rochester Running Company?**

*Expect to be greeted by an enthusiastic group of fellow run/walkers, as well as by your Couch to 5K Wellness Program coaches. Sign in/sign up at the registration table out back and receive your welcome packet, then hang out in the grassy area and wait for weekly announcements and guided stretching before the Couch to 5K groups take off for their walks/runs.*

*\*Note: there is plenty of parking behind the store in a big public lot located off of Celebration Drive.*

**What if my pace is slower than other peoples?**

*Not to worry, there will be coaches/motivators for both the walk group and the run group ensuring that no one gets left behind.*

**I'm not a competitive person at all, is a group workout really the right setting for me?**

*You're in luck, these group activities are judgement-free zones. They are designed to be fun and lighthearted opportunities to get some exercise in, which is always easier when others are there doing it alongside you. Everyone starts somewhere and it isn't helpful to compare to others' ability levels. The most important thing to remember is to train to walk/run YOUR 5K race. It's all about having fun and connecting with others while beginning to move your body and focus on your own personal health and wellness goals.*

**How many miles is a 5K?**

*A 5K is 3.1 miles. Remember, we start at 1 mile and slowly build our way up throughout the 9 weeks!*

### **What kind of gear do I really need to get started with the walking/running program?**

*We're glad you asked! Here is our recommended list of essential items for folks to consider when they're first starting out with a walking or running program:*

- *Something to **ensure that you're visible**, whether that be clothing with reflective strips, a reflective/light-up running vest, or a flashing light clip-on. Make sure motorists can easily spot you, especially if you're exercising at dawn or dusk!*
- *A good pair of walking or running **shoes***
  - *The wrong shoe may contribute to shin splints, IT band pain, blisters, or a host of other discomforts/injuries. Pro tip: get fitted for the right shoes for you at a local running store.*
- *Moisture-wicking **socks***
  - *Synthetic socks may fit your foot better, stay in place, help you avoid blisters, and get the moisture away from your foot better than cotton could.*
- *Comfortable athletic shirts, under garments, and shorts/capris/pants (your preference)*
  - *To avoid chaffing, consider getting well-fitting, moisture-wicking, non-cotton bottoms.*

*\*As a rule, runners typically dress for 20 degrees warmer than it is outside, due to feeling warmer once exercising. Check the weather before your run and plan accordingly. There are also many good resources out there on the web: <http://www.runnersworld.com/>.*

### **What about hydration and nutrition?**

*It's important to drink plenty of fluids in order to stay hydrated. Water or electrolyte-enhanced drinks work well. We might also recommend purchasing a small handheld water bottle. It's convenient to either have with you during walks/runs in the hot summer months, or to leave at the start/finish of your workout so that you can take small sips before and after.*

*An ideal pre-run meal or snack is high in carbohydrates, moderate in protein, and low in fat and fiber. Always make sure you're leaving enough time for your body to digest food before exercising.*

*\*We trust that participants are in good physical health prior to participation in this program, and that they will consult with their medical provider regarding any specific dietary/fitness-related needs or restrictions, as appropriate.*

### **Should I utilize a training log?**

*Yes! We highly recommend that you either keep a paper or an electronic version of the training plan we created and check off your workouts/make notes as you go OR download an exercise app to keep track of your workouts.*

*\*For free phone-based apps, we recommend Strava, Map my Run, or RunGo. If you have any questions about these apps, ask us at a Wednesday meetup and we'd be happy to answer them! Pro-tip: consider investing in either a running waist belt or gear with big pockets so that you're able to run/walk with your phone on you.*

***Yours in community and health,***

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