Boise Galloway Training

Week 1 (Aug. 8 – 14)

Dear Galloway Athlete,

What a wonderful evening we had last night at our season Kickoff! Thank you so much for coming. If you weren't able to come, you were missed and you missed a lot!

Please be sure to read through the  attached Kickoff notes so you are caught up with the rest. Even if you were there, please read through them anyway because there are parts that I forgot to mention!

In this email:

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**4. First day of training!**

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**1. Registration for others**

We'd love you to invite friends, family and co-workers to join us! If you know anyone who is planning to register, let them know that registration fees go up at midnight Aug. 7 ($15 for new members, $10 for Alumni) and that registration will be taken down at midnight on August 14.

**2. Shirts and hats**

New members will all receive a Galloway training shirt automatically, based on the size you entered when you registered. Alumni: If you're not going to be at training tomorrow, please let me know if you do NOT want a shirt; otherwise, I will order you one based on what was on your registration.

I will have some shirts that I have on hand at training tomorrow and I will order the rest next week.

**3. Member login info**

I think we've got our website issues worked out. I've already assigned the majority of our members into our Members Only page of our [Boise Galloway](http://boisegalloway.com/" \t "_blank) website. I have a few more to add but wanted to get this email out before tomorrow, so if your login information doesn't work, wait another hour and try again. If it still doesn't work, please let me know.

Hover over the Member Login link. Your user name will be your first name and last initial (mine would be **LouiseD**) and your password will be your first name and S/F21 (i.e., **LouiseS/F21**). You'll find your training schedule and all the important information we discussed last night.

**4. First day of training!**

We will meet at the Boise High School track (behind the Downtown Y) at 8:00am**tomorrow,** Saturday, Aug. 7. Our first day is always a little chaotic, so I'll be there at 7:30 to answer any questions you might have.

*Check in:*We'll have one or two of our wonderful Pace Group Leaders (PGL) checking you in and giving you your shirt (if we have one on hand in your size) and double-checking your contact and emergency information.

*Injury Clinic:* At about 8:15, we'll start our Injury Prevention Clinic with Cole from Therapeutic Associates. His talk will last about 15-20 minutes. Please feel free to ask questions!

*Magic Mile:* We'll start our Magic Mile (MM) after we get reorganized. It will save some time in the process if you take a moment and read the attached *"How to do the Magic Mile"*. There may be other runners on the track so we'll stick to the outer two lanes to accommodate faster runners.

*Remainder of miles:*With the warm-up 2 laps, the Magic Mile, and the cool-down 2 laps, that will give you two miles. Our schedule is that 10k members will be doing 2.5 miles for the day, which means you'll need to do two more laps. Our half marathoners are doing four miles for the day, so you'll need to do eight more laps. Feel free to do them with friends!

**5. Shoe & Gear Clinic**

Our shoe and gear clinic is Wednesday, Aug. 11 @ 6:00pm at Shu's Idaho Running Co., 1758 W. State St. (at 17th St.). You can either email me or click on "Going" on the event FB site: [Shoe & Gear Clinic at Shu's](https://www.facebook.com/events/357517525859940?acontext=%7B%22source%22%3A%2229%22%2C%22ref_notif_type%22%3A%22event_calendar_create%22%2C%22action_history%22%3A%22null%22%7D&notif_id=1628284912873392&notif_t=event_calendar_create&ref=notif" \t "_blank)

They want to know how many staff members to have that night to help us. If your plans change and you can't comel, please let me know as soon as possible. If your plans change and you CAN come after all, just come!