

Frequently Asked Questions

What is the Club Team? And How can I join?

The club team is open to anyone who would like to join. There is a \$115 fee to join, however you receive more than \$115 in apparel, gear, and discounted race entries. The focus of this team is to compete in local races including Fleet Feet Sports Race Series races. Members can join online via the Fleet Feet Sports website.

What if I am not a very fast runner or what if I am downright slow?

Not to worry. The Club team is perfect for you. The emphasis is on participation, having fun, and love of the sport. There are currently runners of all ability, shape, size and talent on the team.

Are there any requirements to be on the Club Team?

We ask that you run in as many races as you are comfortable, and volunteer for two (2) Fleet Feet Sports events during the year as a way of giving back to the running community and promoting the sport.

Are there team workouts and are they mandatory?

Workouts are not mandatory and some are informal, as many of them coincide with our store Fun Runs. Currently they are as follow:

- o Mondays: 6:30pm Piper's Alley location – 6- to 8-mile tempo run
- o Wednesdays: 6:30pm various locations – speed workout led by Bill Leach
- o Saturdays: informal long run from various locations

Communication of these runs and workouts occurs via a Facebook group page.

What is the Local Elite Team?

The Local Elite team is a select group of up to 20 men and women who run at a very high level. They include Olympic Trials qualifiers, CARA Runners of the Year, Age group winners, Masters National Champions and "local elite" athletes. The runners are required to run certain races and act as brand ambassadors for both Fleet Feet Sports and our sponsors.

How do I join the Local Elite Team?

Local elite team members are selected on an individual basis and must meet time requirements. Factors taken into consideration include (but are not limited to): an individual's performance during the 2009 racing season and an individual's 2010 goals (and how they relate to the Fleet Feet Sports Racing Team's 2010 goals).

If you think that you may qualify for a local elite team sponsorship, please contact Team Director Mark Colpoys (mcolpoys@FleetFeetChicago.com).

What if I'm still not sure?

Give us a test-run! Join us for a Wednesday evening speed workout.

What if I still have questions?

Don't hesitate to contact Team Manager Samantha Morales at smorales@FleetFeetChicago.com or 773/305.3338 ext. 221.

FLEET FEET Racing™



Fleet Feet / Nike Racing Team

The racing team is a group of like-minded runners who simply enjoy running, racing and having fun. Runners of all abilities are welcome and encouraged!

There are two branches of the team -- the club team (the main branch) and the local elite team.

Club Team Members Receive:

- 2010 Nike singlet and shorts (latest and greatest)
- Nike Technical t-shirt
- Team string backpack
- Weekly speed workout led by Bill Leach
 - o Coach Leach has 37 years of coaching and performance enhancement experience
- Weekly team runs and workouts
- Quarterly shopping events for Nike products
- 2010 Subscription to Chicago Athlete Magazine
- Incentive prizes for race participation/performance
- Facebook Group Page
- Discounts on Fleet Feet Sports races
- Opportunities to participate in wear-test programs
- Gear check at Fleet Feet Sports-sponsored races
- Hospitality tent at select races
- Year-end awards party
- Free injury screenings from Fleet Feet Sports' physical therapy partner
- Discount on entry into 2011 Boston Bound training program
- Access to performance enhancement tools at racing team rates
- Access to exclusive team gear at racing team rates