

Welcome to **W2W's**
'LiVE WiRES'

...our youngest Running Program!



Grades 1-5

- **Mission:** To foster individual strength—*mind & body*—through structured running.


Mondays, 5:30pm-6:30pm, (Sept. 9th —Nov. 11th)

Ridge Ferry Park, Rome

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Tuesdays, 5:00pm-6:00pm, (Sept. 10th—Nov. 12th)

Dellinger Park, Cartersville

- **10 practice sessions * 8 race opportunities * 1** 
- **Cost:**
 - **\$135** for 10-week program (Includes T-shirt, pasta party, + 2 free races)
 - Please make checks payable to **Wire2Wire Running, LLC**
- **“My philosophy is simple: Balance.”**
 - Strength & Endurance
 - Endurance & Speed
 - Work & Play
 - Mind & Body
 - Fun & Even *more* fun!
- **Typical Session:**
 - Warm up jog, then Stretch
 - “Nugget of Wisdom”
 - Workout (with H2O breaks)
 - Game...fun...challenge
 - Strength, then Wrap it up!

This program prepares youngsters for 'the next level' of our 'Jr. Elites' Youth Running Club, which serves kids in middle school as well as high school.



F.A.Q's



- **Q. Where exactly will we meet?** In **Cartersville**: Behind the centrally-located playground/bathroom. (Psst...*not* the one by the oval track. Other one.) In **Rome**, on the *dog park side* of Ridge Ferry by the Rock playground.
- **Q. What if it is raining or very cold/hot?** We meet each week rain-or-shine. Of course, in the event of thunderstorms/lightning, we will make alternate plans well in advance, but there are pavilions under which to gather if it's raining and do strength work, discuss race strategy, etc.
- **Q. Can I bring a friend?** Once, yes. Beyond that, we ask that the friend sign up for the remaining sessions, at a pro-rated fee of course.
- **Q. Are there any certain medical requirements you will need?** Yes, upon registration, we ask each participant to provide proof of medical insurance.
- **Q. What type of shoes should I wear?** Proper footwear is vital. If you have a pair you're comfortable running in, fine. If not, see Landy at *Athlete's Locker* and tell him we sent you!! He often gives a nice discount for our members.
- **Q. What if I cannot make a session?** If possible, email Coach David (david@wire2wirerunning.com) but refunds are not provided for missed sessions.
- **Q. What if I don't want to run in the races?** That's fine. You certainly don't have to. We encourage runners to participate in them and besides, they're *free* for all Live Wires!!
- **Q. So,...how much FUN will we have?!** Oh my goodness, so much that we couldn't fill up a bazillion-gallon-bucket. Like, *more* than that!
- **Q. "Mr. David, Mr. David, are we going to.....?"** Alright, *enough* questions, let's go run!!

Meet the Coach...



- Coach David Matherne's experience...34 yrs. in education & head coaching
 - Coached an **athlete** to two (2) 13&U National Championships
 - Coached four (4) different **teams** to a H.S. State Championship
 - Coached eleven (11) different **individual** H.S. State Champions
 - 4-time Masters National Champion
 - Ranked #1 in-the-world in 2022 for Masters (55+) in the men's mile (4:55.8).
 - 48 years of competitive running; 4-time collegiate all-American at Berry College
 - P.R.s: Mile—4:02; 5,000m—14:21; 10,000m.—29:55; Marathon—2:37

Let me say, *Welcome!* I cannot wait to work with each young runner.

Your speed is less important to me than your **attitude**. Your talent is less important to me than your **commitment**. Your stamina is less important to me than your **desire** to improve. So, let's GO!



