



Running Groups: Coach Application

We are always looking for experienced runners/walkers to help guide our training groups. If you think you might be interested, please apply at the link below!

Requirements:

- Positive attitude
- At least 1 year of running/walking experience
- Show up 30-60 minutes prior to run to set out water and greet runners
- Lead stretches and speak to groups before/after runs
- Motivate/encourage participants
- Run with various members of the group each week – get to know everyone!
- Provide email address and phone number to communicate directly with TSRC regarding weekly runs
- Support groups on race day from set locations as determined by Tri-State Running Company
- Must be able to attend at least 90% of group runs for a given training program
- Attend 1 hour coach's training meeting

Benefits:

- Free pair of running/walking shoes from Tri-State Running Company
- 10% off at TSRC through duration of program
- TSRC Technical Shirt: COACH
- Changing lives!

Coach Application Form

Please fill out the following questions as completely as possible. We will get back to you within 2 weeks of receiving your application.

Full Name:

Email Address:

Phone Number:

Are you a (choose one): Runner, Walker, I can do either

What is your current average pace per mile?:

What is your current long run distance?

How many years have you been a runner/walker?

Which training programs would you be interested in coaching? (Please select all that apply.)

- Flying Pig Full Marathon (Sunday, May 6, 2013) – Running
- Flying Pig Full Marathon (Sunday, May 6, 2013) – Walking
- Flying Pig Half Marathon (Sunday, May 6, 2013) – Running
- Flying Pig Half Marathon (Sunday, May 6, 2013) – Walking
- Thanksgiving Day Race 10K (Thursday, November 28, 2013) – Running
- Thanksgiving Day Race 10K (Thursday, November 28, 2013) – Walking
- Thanksgiving Day Race 10K (Thursday, November 28, 2013) – Couch to 5K (Run/Walk)
- Tri-State Running Company 5K (Saturday, May 5, 2013) – Running
- Tri-State Running Company 5K (Saturday, May 5, 2013)– Walking
- Tri-State Running Company 5K (Saturday, May 5, 2013) – Couch to 5K (Run/Walk)
- Edgewood 5K (Thursday, July 4, 2013)– Running
- Edgewood 5K (Thursday, July 4, 2013) – Walking
- Edgewood 5K (Thursday, July 4, 2013) – Couch to 5K (Run/Walk)
- Fall Marathon (Columbus Marathon, October 20, 2013)– Running
- Fall Marathon (Columbus Marathon, October 20, 2013) – Walking
- Fall Half Marathon (Columbus Marathon, October 20, 2013)– Running
- Fall Half Marathon (Columbus Marathon, October 20, 2013) – Walking
- Other:

Why are you interested in being a coach for Tri-State Running Company's training groups?