



# Potomac Valley Track Club Track & Field Youth & Adult Training Camp

[www.pvtc.org/workouts](http://www.pvtc.org/workouts)



Potomac Valley Track Club hosts weekly track & field training for sprinters, throwers, and jumpers  
Monday and Wednesday evenings at 7:00 PM all year round

## LOCATION:

- October 1 to March 31:  
Thomas Jefferson Community Center, 3501 2<sup>nd</sup> Street South, Arlington VA | [MAP](#)
- April 1 to September 30:  
T.C. Williams High School track, 3330 King Street, Alexandria VA | [MAP](#)

## DATES:

- 7:00 PM every Monday and Wednesday, excluding Memorial Day, Labor Day, and other holidays

## INTENSITY:

- We tailor our workouts for each individual athlete's needs, with a similar workout each week:
- **Typical workout:** warm-up, followed by stretching and stride drills, then  
10 repeats of (200 meters run + 200 meters walk & talk) on Mondays  
5 repeats of (800 meters run + 200 meters walk & talk) on Wednesdays
- We offer experienced coaches: Elizabeth Row, Jay Jacob Wind
- The goal is to run near-race pace, about 85% of maximal effort, to achieve and sustain lactate threshold
- For throwers and jumpers, the back room at the north end of the gym at TJ is usually open and available

## FEES:

- Free, but we welcome a donation of \$5 per workout to pay the coaches,

## MORE INFORMATION:

- For more information, contact Jay Jacob Wind (703-927-4833, 703-505-3567, [pvtcsecretary@gmail.com](mailto:pvtcsecretary@gmail.com))

**Enter on-line at [www.pvtc.org/workouts](http://www.pvtc.org/workouts)  
or Mail this form and your check to PVTC, 611 South Ivy Street, Arlington VA 22204**

Name \_\_\_\_\_ Phone \_\_\_\_\_ Age \_\_\_\_\_ M/F \_\_\_\_\_

Address \_\_\_\_\_ City, State, ZIP \_\_\_\_\_

E-mail \_\_\_\_\_ DOB \_\_\_\_\_, \_\_\_\_\_

- We welcome a \$5 donation per workout       **FREE**  
 To help keep these workouts free for kids, here is a donation of \$ \_\_\_\_\_.      Total enclosed: \$ \_\_\_\_\_

I know running a race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relevant to my ability to safely complete this event. I assume all risks associated with running in this event, including, but not limited to: falls, contact with other participants, effects of the weather, including high heat and/or humidity, and conditions of the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release all sponsors, including Arlington County VA, their elected and appointed officials and employees, Potomac Valley Track Club, RRCA, USATF, Runners World Magazine, their officers, directors, agents, and employees, and all officials of this event from all claims or liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand this event is conducted under the regulations of Arlington County VA. I agree to release my name and photo for publicity purposes. I understand that my name and address will be provided to the sponsors of this event. Parent or guardian must sign for children under 18.

Signature (Parent or Guardian if under 18) \_\_\_\_\_ Date \_\_\_\_\_