

Fleet Feet Sports Kingsport Racing Team Participant Guidelines

This is a Fleet Feet Racing team, and as such there is a certain image we want team members to portray. Please be sure you are in agreement with the following before agreeing to participate:

- Team members should be caring, selfless, willing to connect with and motivate other athletes of all abilities, and have a sense of humor.
- While some of us win races (and this is certainly encouraged), we are generally not a group of elite runners focused on winning, but a friendly group of runners who enjoy running (and walkers who enjoy walking)
- That said, we do welcome faster, “elite” runners but ask them to embrace the casual atmosphere of our team.
- Fleet Feet aims to promote fitness within the community by coordinating fun events and by fitting people in comfortable footwear, bras, and apparel that will motivate them to continue exercising.
- You should understand the services that Fleet Feet provides. 1) We have a professional FIT process to fit running/walking shoes with the appropriate level of stability; 2) We also FIT inserts for shoes and sports bras. 3) We provide programs such as fun runs, races, training programs, educational seminars to the community.
- We want to include all manner of athletes in our events and teams; therefore we ask that you help to portray an accommodating and fun atmosphere for the racing team.