

# Tyrol Basin Run Club

## Overview

Tyrol Basin is preparing to begin its first summer running club! This club will begin in early June, every Monday morning at 8am right here at Tyrol Basin. This running club is being founded to enrich the community and serve the needs of running enthusiasts in the area. Runners of any age are welcome to join in on the fun. Participants will be provided with a TB Running Club Shirt after completing the session!

## Goals

1. **Have a safe and fun space for people to run in:** We want people to feel comfortable in the space, running can be a difficult thing to master alone, but a community is stronger than an individual and together we can create a healthy social outlet for new runners and veterans of the game.
2. **Provide a fun & challenging experience:** Tyrol Basin is dedicated to providing amazing experiences year round, this running club wants to serve as a time for people to meet & make friends, spend time outside, and create a healthier lifestyle. We also want to scratch that itch of a great workout, giving you the opportunity to grow as a runner with something new each week!

## Specifications

Tyrol Basin running club will always meet and finish at Tyrol. Participants are encouraged to bring anything they need in preparation for a running workout. Including, but not limited to, water, sunscreen, appropriate running shoes, earbuds for music, a light snack. Most sessions will take roughly 45 minutes to an hour so do your best to arrive a few minutes early so we can begin right at 8am.

## Running Club Structure

### 1. Warmup & Introductions

Each session will include a warmup that will prepare runners for the workout that day as well as an explanation of what that day's workout will be. In the early sessions introductions will also take place so everyone can get to know one another.

### 2. The Workout

The main part of the session will of course be the workout itself. This will vary from distance runs, tempo runs, hill runs, and more!

### 3. Cool Down

At the end of the workout runners will finish off the morning by doing some cool down stretching and conversation to make sure their bodies and minds are ready to roll for the remainder of the week.

## Meet Your Instructor

My name is Jack Nelson and I am one of the directors here at Tyrol Basin. I have been an athlete all of my life playing anything and everything. My main sports growing up were football, basketball, baseball, and cross country. When I went to college I accepted a scholarship to play baseball at Aurora University and I was grateful for everything I was able to learn and experience during my time there. I had also found the sport of ultimate frisbee along the way and ended up transferring to UW-La Crosse to pursue ultimate and the degree I knew was perfect for me. While there I earned 2 first team all region awards as well as club player of the year for my university. I now play professionally for the Madison Radicals during the summer (our season just started!).

After college I spent some time in both Maine and Colorado working seasonal outdoor jobs to broaden my experiences within the outdoor field. You can never stay away from Wisconsin for too long though and I ended up coming home this past winter and began my career here at Tyrol as the snow sports coordinator.

I love getting involved with the community and helping people reach their goals while having fun along the way. The opportunity to have a training program here at Tyrol is an awesome excuse to get outside and enjoy the beautiful summer. I will be primarily focused on workouts that involve cardio and core, if these are things that also interest you then I can't wait to meet you this summer!