

BECOME A BETTER RUNNER IN 2018



MYRUNGROUP
RUN & STRONG
MYTRAILGROUP
YOUNGGUNS

RUN & LAB

ACHIEVE YOUR IMPOSSIBLE

TERM 3 STARTS 23RD JULY

DID YOU KNOW WE TRAIN IN
SYDNEY | CENTRAL COAST | NEWCASTLE

RUNLAB.COM.AU

TERM 3 2018 – FACT SHEET

Welcome to the Term 3 Fact sheet. Returning runners will get a summary of session changes and key updates. New runners will get a summary of all the important things that you should be aware of before the Term kicks off. In this fact sheet, follow the interactive links to our website for further details [\[>LINK\]](#)

A MESSAGE FROM VLAD



Term 3 is always exciting because the Seasons change and we look ahead to those warmer days of increased daylight hours. 2019 challenges and goal events formalise, and if you are focused and organised now – 2019 for you as a runner will bring you much success.

A question I hear others mention very frequently is this “Is Runlab only for ELITE runners”? I can honestly tell you: NO, it isn’t. What it does require however is the mindset and commitment of an Elite athlete. We have groups of varying levels and different types of sessions, however we demand effort and commitment if you want to improve.

Vlad Shatrov

Runlab - Director | Coach | Developer

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 [@runlabvlad](#)

Dear runners,

Welcome and welcome back! At Runlab, we strive to be the leading training group and resource for runners. There is always a lot going on and Term 3 is no exception.

We will be introducing a more comprehensive package of products and services that are offered exclusively to our Term runners to complement your run training.

ACHIEVE YOUR IMPOSSIBLE

READY TO ACHIEVE YOUR IMPOSSIBLE?

Am I good enough to train with Runlab?

Yes, we have sessions that cater to all levels of running. We like to follow the principle that if you are driven and really want to improve, you have come to the right place. We have standards, which can be viewed under Myrungroup. [[LINK](#)]

When and where are the groups?

We train before and after work most days, and days can vary to suit your lifestyle – ie 1 week you may choose a Monday session and the next have to train on Wednesday as an example. Also most of our serious runners pickup the 2 sessions a week option.

Will I learn to become a faster and better runner?

Absolutely! we'll not only push and motivate you in the group but we will teach you exercises that will make you more efficient with your running

JOIN NOW FOR \$49 ONLY!

“RECEIVE A RUNNERS PROFILE” + “INTRO PACK”

INCLUDES YOUR TECHNICAL RUNLABSINGLET”

> ENROL TERM 3

CURRENT SESSIONS

Which session is right for you? See more detail on our specific sessions by following the links

MYRUNGROUP

[\[> LINK \]](#)

To improve and prepare for upcoming events. Guaranteed results. Our 75-minute dynamic interval based running session – running on the track and ovals. For any runner looking to improve, prepare. Guaranteed results following our proven structured sessions

MYTRAILGROUP

[\[> LINK \]](#)

To improve and prepare for upcoming events. Guaranteed results. Our 75-minute dynamic interval based running session – running on the trails. For any runner looking to improve, prepare. Guaranteed results following our proven structured sessions

RUNSTRONG

NEW !

[\[> LINK \]](#)

Our 60-minute dynamic functional based gym session – For any runner who wants to prevent injury, return from injury and improve the efficiency of their running. The missing piece to your continued running success.

MYRUNGROUP - ELITE

[\[> LINK \]](#)

We operate a smaller invite only Elite group on a Tuesday evening in the Hunter currently. This group had been setup to offer an extra run session for experienced runners in addition to their other Runlab training. These runners are looking to compete at the highest level

YOUNG GUNS

[\[> LINK \]](#)

To learn sound fundamentals of running form and technique and improve your running. Guaranteed results. Our 60-minute dynamic interval based running session for young runners between 7-13 years of age – running on the track and ovals. For any young runner looking to improve and prepare with a focus on distance running. Guaranteed results following our proven structured sessions.

THE TIMETABLE

The timetable of sessions is available here: [[> LINK \]](#)

WHAT'S NEW THIS TERM?

Myrungroup

- Maitland Coaches will alternate between Vlad Shatrov and Benn Coborough with a 5:45pm start still on a Tuesday evening
- There is a change in the location for the Thursday morning group in the Hunter too and we have been able to confirm that this will now take place at Empire Park Merewether on a Thursday morning 5:45am coached by Benn Coborough

Please note all morning sessions commence at 5:45am EXCEPT Budgewoi and Merewether, which start at 5:30am

Runstrong

- There are no schedule changes to Runstrong
- We will be adding a Monday evening Runstrong Class on the Central Coast most likely at 5:45pm

Mytrailgroup

- Maroubra Tuesday session will remain a Mytrailgroup session
- There are no other trail specific sessions in Term 3 but this returns bigger and better in Term 4 so stay tuned

Youngguns

- The Tuesday afternoon session at Lambton will commence at 3:45pm and the Thursday Newcastle session commences at 4pm still
- We are adding a Monday afternoon Young Guns session at 4pm on the Central Coast**

Runrecovery/Runyoga

- Returns later in 2018

All our other sessions and groups are as per last term and/or scheduled.



>>> PLEASE NOTE ALL MYRUNGROUP RUNNERS MUST WEAR A RUNNING HEAD TORCH IN TERM 3 FOR YOUR OWN SAFETY

UPCOMING EVENTS

SUPER SESSIONS

Single training days, we call these super sessions. Runlab holds these in multiple locations throughout the year as “one off” sessions. Each one is unique and has a specific purpose.

Super Session Term 3 more details coming soon, details on website [[> LINK](#)]

TERM 3 TIME TRIAL

At the end of the Term (scheduled to best fit in with in with any possible targeted events) we run one 3km time trial only per area. We do this to allow for as many runners as possible to come together and run against each other in a friendly competitive environment. It also allows runners to meet runners from other groups that they wouldn't necessarily see through a term

Dates are communicated within weeks 1-5 of the Term so that you have time to be organised for that week.

Thanks to our valued partners we have an allocation of prizes awarded in the Term ending super session. The value of these packs is significant and can range up to over \$300 in value. Now that's pretty special. For each of the three groups Sydney CBD, Sydney South and Newcastle we have a minimum of Male/Female Time trial winners AND 2 coaches awards*. The award changes based on partner allocation.

→Time Trial and Coach Awards Terms and Conditions

An individual cannot win fastest TT in consecutive terms and only once yearly! If your in the Elite group your time won't impact other runners receiving fastest TT and you will receive a separate award at Runlab's discretion and there may or may not be separate Elite awards. Must have entered a full term (not casual) AND enter the following Term when the prizes will be given. In each super session there must be a minimum of 3 Male and 3 Female runners for awards to be allocated to that group.

REAL VALUE. RUNLAB MEMBER BENEFITS & PARTNER OFFERS

By signing up to a Term you are automatically eligible to receive the impressive benefits that are a part of being a RUNLAB member. Along with the structure and delivery of our sessions this sets us apart from other running groups. Benefits include:

Discounted race entries to those events we are the official training partners for including

- Sydney Harbour 10km/5km (25% off)
- Blackmore's Sydney Running Festival (25% off)
 - 10% Pace athletic discount (Including off Sales items)
 - 10% off Salomon and Suunto products
 - 25% off Isowhey products
 - 5% off Air relax recovery systems
 - Free initial Hip Balance with Aviano Remedial Therapies

Details of how to activate these offers will be communicated to you in our Weekly E News

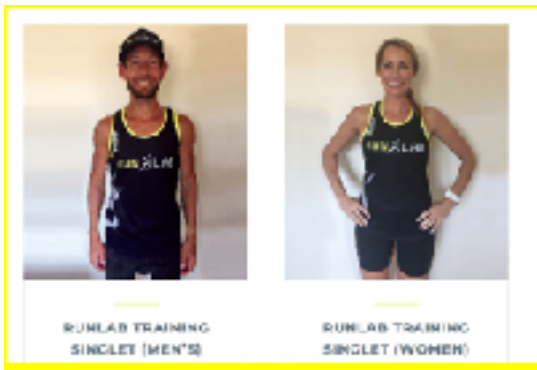
We will continue to offer new and exciting Partner benefits. These are always being updated and will be fully updated for the start of the term.

More details here [[> LINK](#)]

THE ONLINE STORE

We have an online store, which is always being updated. In late term 1, we released a lifestyle range to complement our performance apparel. This and all our items can be viewed and purchased here. Shipping can be waived at the payment page and you can email us for group collection if you wish.

Note – New customers will receive the Black/Yellow Runlab training singlet as part of their joining fee. [[> LINK](#)]



HOW TO STAY UP TO DATE?

This is one of the most important sections for all our runners. Whilst we have a “usual” session location and or time for our groups, there are weeks where we may change the location slightly to best undertake a specific session, or we may also be forced to make a change due to the weather for example. Keeping this in mind will ensure that you don’t miss these notifications.

WEEKLY E-NEWS

When you register, you are added to our weekly e-newsletter. Every Friday or Saturday in the Term you will get an update from the week gone and the upcoming week. So please check that you provide your best email address and ensure this doesn’t go to your junk email folder.

RUNLAB WEBSITE

runlab.com.au

Our website contains information on everything Runlab. The Homepage has a Timetable on it (That’s the standard usual timetable) directly below this is a blue box, ANY changes to the usual location are also listed here.



[> [WEBSITE LINK](#)] SOCIAL

MEDIA

All Runlab groups have a Facebook page. Additionally there is a main Runlab Facebook page. “Liking both of these” is suggested. Click on the icons below to join us on social media. [[> LINK](#)]



RUNLAB APP

The official Runlab APP available on the APP store. You can also use this for booking your Runlab sessions and paying for your classes too. If you enable notifications we can send you instant notifications, which we do for important updates. It looks like this.

[> [LINK](#)]



READY TO ACHIEVE YOUR IMPOSSIBLE?

YOUR INVESTMENT

Sessions and access to the benefits cost from as little as \$11.90 per session with multiple options available. Casual sessions = \$30 (\$35 for Mytrailgroup)

A Myrungroup Term is \$209 for 1 session per week for 10 weeks. Add the Double up option for \$59 to do 2 same session types of Myrungroup a week. This is the same if you do 2 Runstrongs and/or the Tuesday Maroubra Mytrailgroup.

If you Mix and Match (i.e. choose 2 different types of sessions such as Myrungroup and Runstrong) please ensure you select the correct payment options. I.e. if you do a Myrungroup and a Runstrong a week it will be \$209 plus \$159.

The exception Mytrailgroup Maroubra where customers can do this for \$209 and add another Myrungroup for \$59.

STARTING YOUR RUNNING JOURNEY

To book into the term and manage your sessions go to the Enrol button on the menu of the Runlab website, or select any of the “Enrol” links on the other website pages. This will allow you to create a profile and register for the term by purchasing your desired running groups/services.

You will return here to manage any future purchases and services. This account management and registration platform is run through a third party provider “Mind body online” and payment references show as EZIDEBIT (On your bank statement). [[> LINK](#)]



3 EASY STEPS

1. Choose your groups and create your profile

When you have decided on your desired groups and how you want to pay (i.e. straight up payment or membership) simply access your Runlab Mindbody profile. Setup a profile (if you are new) and book your desired classes.

[[> LINK to ENROL](#)]

2. Pay for your group/s

ONCE OFF JOINING FEE

There is a “one off” \$49 Joining fee for new Runlab customers. Included in this you will receive the Black and Yellow technical running training singlet. We will also capture your runners profile to share with the Coach of your group allowing an understanding of your exercise history but more importantly in a position to maximise your desired outcomes. If joining a full term for the first time add the joining fee go to online store/Services/Appointments and select the \$49 Joining fee. Post registration if you have joined for the first time please email info@runlab.com.au with your desired singlet size and we will arrange for it to be available at your first group session.

Go ahead and purchase your other desired services either through upfront payment for the entire term or setting up the appropriate level membership.

Membership types

BASE

Base is if you only do 1 session a week. This can be Myrungroup or Runstrong. Base Monthly is if you want to pay the term over 3 Monthly pays. Base Weekly is if you want to split over 12 weekly pays.

PROGRESS

Progress is if you only do 2 same sessions a week. This can be 2 Myrungroup or 2 Runstrong sessions per week as an example Progress Monthly is if you want to pay the term over 3 Monthly pays. Progress Weekly is if you want to split over 12 weekly pays.

EXCEL

Excel is if you only do 2 different sessions a week. This can be Myrungroup and Runstrong for example. Excel Monthly is if you want to pay the term over 3 Monthly pays. Excel Weekly is if you want to split over 12 weekly pays.

3. Enter your group

The last step is then adding yourself to a class. This is the most important step, especially in the first week of a Term. Buying your group gives you credits, these credits are used to attach yourself to a class – See the Schedule. This allows us here at Runlab to see how many people are going to each of the sessions.

Types of Memberships explained

To book your desired classes you can either pay for the entire term of 10 weeks upfront or choose the contract/membership option.

If you choose the contract/membership option there are up to four levels. Each level allows you to pay in either monthly payments (3 times) or weekly repayments (12 times) for that Term, the difference in price paying by contract as compared to straight up are marginally more expensive. After the 3 months the contract expires and will need to be purchased again the following term. The contract levels are.

IF YOU ARE DOING MYTRAILGROUP in any format except the Maroubra Tuesday session, you cannot pay for this with contracts! You either have to pay

Casual or the full Term. However if you're doing Mytrailgroup Contracts can still be used for your other Runlab sessions.

NEW RUNNERS PROCESS

1. Setup your profile on the Runlab registration platform here [[> LINK](#)]
2. Purchase your services to attend your groups
3. Book into your classes with your credit – select recurring to book for the whole Term
4. ADD your \$49 (\$44 Young Guns) or \$54 joining fee (that's a once off) – This is found under online store Joining fee. The joining fee includes a training racer singlet. Choose from two options.
The \$49 gives you this racer back singlet [[> LINK](#)] and the \$54 gives you this wider back singlet. [[> LINK](#)]
(There are of course men's and women's cuts)



The screenshot shows a web form titled "Which Series or Membership would you like?". At the top, there is a dropdown menu labeled "Joining Fee" with a downward arrow. Below this, the question "Which Series or Membership would you like?" is displayed. There are two radio button options listed:

| Option | Price |
|--|---------|
| Joining Fee (+ Racerback Mytrailgroup singlet) | \$49.00 |
| Joining Fee (+ Wide back Mytrailgroup singlet) | \$54.00 |

5. Email info@runlab.com.au telling us your preferred training singlet size so we can get this to you at the start or the Term

RETURNING RUNNERS

Ensure you complete Steps 2 AND 3 above please!

TERMS AND CONDITIONS

For more detailed terms and conditions, follow the link [[> LINK](#)]

ACHIEVE YOUR IMPOSSIBLE

Runlab was born out of a desire to enable runners of all abilities the chance to better understand their running, be challenged and over time improve and become a faster runner. For those who are relatively new to running or who are trying to improve their running, the task of understanding what to do and who to ask is overwhelming in itself, so Runlab was created. Runlab will help you “Achieve your impossible”.

“You are looking at the only person who will make the decision to improve your running. YOU.”

The Runlab team looks forward to welcoming you at Term 3, 2018. For more info, contact the Runlab team at info@runlab.com.au

JOIN NOW FOR \$49 ONLY!

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> ENROL TERM 3