

2010 GVH Indoor Track workouts at RIT Gordon Field House Facility

– 1 Lomb Drive, Henrietta – park in lot next to the outdoor track, enter Field House 100 m. from outdoor track – up the steps.

- **Workouts will begin on Tuesday January 5, 2010**
- **Anyone who can be a “sponsor” please email Coach Reif**
- **Anyone needing a sponsor contact coach Reif at: coachmr@rochester.rr.com**

Website for updated schedule of track:

http://www.rit.edu/studentaffairs/ciar/facilities_schedules.php#fht

Phone Coach Reif for any workout updates or questions: 585-749-5897

Field House Desk: For up to date facility schedule: 585-475-6762

GVH Workouts:

Generally workouts will be on **Tuesday’s and Thursday’s January-March 5:30 PM for warm-up and 6 PM for track workout** unless otherwise advised. Core exercise routine and weights follow in upstairs fitness center.

Workouts will be focused on:

- **Indoor track** events
- **Distance running including marathoners,**
- **General fitness** training tailored to help achieve your goals.

Entry/Membership to RIT:

You must have a membership at a cost of \$100 for the semester. You must have a “sponsor” or be a graduate, student or staff member of RIT. Sponsors can be any of the later. Coach Reif can assist in finding a sponsor for you.

For membership you must obtain/update an RIT photo identification card with the “sponsor” present at the Student Life Center Main Office. Check available times at: 585-475 2620. Membership gains you access to the entire recreation facility including tracks, locker rooms, fitness center and pools. Members may invite guests up to 3 times each for \$5.00 payable at the entry desk.