

Chuckanut Raptors Running Club: Membership Plan Options & Dues

Updated: 11/25/2017

	Plan Options & Dues			
	Basic Running Plan	Advanced Running Plan	Advanced Running Plan PLUS Private Coaching	Private Coaching Only
Plan Features	\$50/mth	\$75/mth	\$100/mth	\$75/mth
3 Basic Group Workouts per Week – MWF (Supervised)	✓	✓	✓	
Basic Workout Plan Provided by Professional Coach	✓	✓	✓	
Organized Group Racing Opportunities (e.g., USATF Meets, USATF Junior Olympics, Road Races)	✓	✓	✓	
2 Advanced Group Workouts per Week – Tues & Sat (Unsupervised)		✓	✓	
Advanced Workout Plan Provided by Professional Coach		✓	✓	
Personalized Daily Workout Plan Provided by Professional Coach			✓	✓
Daily Online Running Log Reviewed by Coach			✓	✓
Personalized Racing Instruction and Scheduling			✓	✓
Personal Text/E-Mail Support from Coach			✓	✓

Notes:

- 1) As an alternative to the plans listed above, an athlete who is not able to commit to a regular weekly workout schedule may purchase a “punch card” for \$50, which will enable the athlete to participate in a total of 10 group workouts or organized race events.
- 2) Dues are payable each month. A member can modify a plan from month to month.