

# TheETG Membership Application

minimum age for membership is 14.....there is no maximum

## **A distance runner can join TheETG in 1 of 3 ways.....**

**1.** American distance runners that were coached by club owner Marshall Burt directly or indirectly when they were in high school will be considered for automatic membership.

**2.** American distance runners that are actively recruited into TheETG by club owner Marshall Burt.

**3. If none of the above apply to you, consider pursuing TheETG Membership Application process. Current or past performance level is never a criteria for club membership. The ETG is focused on developing American runners into elite level distance runners and moving the sport forward in the United States.**

TheETG club membership is free and club members receive free coaching exclusively from club owner Marshall Burt.

Please note that the club name is --not-- the elite "racing" group. If your focus is on racing, racing, and more racing you'd be extremely unhappy in this club. The club's focus is development of elite distance running performance rather than the all-too-typically American obsession with racing people into oblivion and running people out of our sport. Our objective is to avoid living up to the reputation American coaches [especially high school and college] have among those in the sport sciences world overseas, being referred to as "the great destroyers of talent".

## **The 3 stage application process**

**Stage 1 ---** In an email.....provide the information asked for on the page below and send embedded in an email [--no-- attachments].

Send to this address.....theetg@theetgtrackclub.com

If you should proceed to stage 2 you'll be notified.

**Stage 2 ---** Read everything on TheETG Book List.

If you've been asked to proceed to stage 2 you will receive via email, a series of questions to answer. Following review of this portion of the application process you'll be notified whether to proceed to stage 3.

**Stage 3 ---** An interview with TheETG club owner Marshall Burt.

This completes the application process. Sometime after the interview[s] you'll be notified as to whether or not you have been chosen to be a member of TheETG.

# Stage 1 --- Written Application

In an email, provide the information asked for below embedded in an email.

[--no-- attachments]

Send to this email address.....theetg@theetgtrackclub.com

If you should proceed to stage 2 you'll be notified.

Name

email address

street address

city

state

zip code

phone

----- What is your main or favorite race distance?

----- Have you read the ETG club bylaws?

----- Have you read any sections of the ETG Training Packets?

----- Why do you want to be an ETG club member and what do you hope to accomplish?

----- What have to done to prepare yourself to be an ETG club member?

----- State your belief system about weekly mileage.

----- What is a self-image induced comfort zone, and how might it affect running performance?

----- Do you believe that substances referred to as "Performance Enhancing Drugs" are performance enhancing?