



TheElite Training Group track club

## Expanding the area of what is possible

In Track & Field Distance Running & Competent Self-Care in medicine and psychology

[www.theetgtrackclub.com](http://www.theetgtrackclub.com)

# Membership Application

### TheETG Training Packets

**Mission:** Expand the area of what is possible for human performance in distance running. TheETG's primary method of achieving that is to proliferate applied science based information by way of \$free packets containing plain language info for anyone seeking to move themselves or others forward in these areas.

**As you continue to acquire and apply more information you continue to expand the area of what is possible.**

The functioning of brain cells, muscle cells, blood cells, -all cells- are governed by the laws of nature, -not- your chosen belief system.

Data-less conclusions founded upon faulty assumptions are the mother of all screw-ups. They lead to human belief systems that quickly get set in stone.

**Put data ahead of dogma. Follow the data -not- the crowd.**

".....cellular development must be governed by a variety of factors outside the scope of genetic inheritance. "

B.L.Stauffer -- Epigenetics: An Emerging Player In Health And Disease  
Journal Of Applied Physiology.....Volume 109 #1.....July 2010.....page 230 -231

"....elite athletes are still made and not born, though perhaps some may be made elite in one discipline more easily than others."

A. Jones, et al -- Human Performance: A Role For The ACE Genotype?  
Exercise & Sport Sciences Reviews -- Volume 30 #4 -- October 2002 -- page 184

"Scientifically speaking, altitude training has no effect."

Dr. Nikolai Nordsborg -- University of Copenhagen

"...called EPO...a new systemic review of existing research reveals that there is no scientific evidence that it does enhance performance, but there is evidence that using it in sport could place a user's health and life at risk."  
EPO [erythropoietin] doping in elite cycling: No evidence of benefit, but risk of harm -- Science Daily -- December 5, 2012

"Many of these compounds in a highly-trained individual do absolutely nothing from the point of view of enhancing performance....."

"...Athletes think if it's on a list, it works."  
S.Devi -- Overhaul of global anti-doping system needed -- Lancet — Volume 387 #10034 — May 28, 2016 — page 2188

"...investigate the effects of supposedly enhancing drugs in sport. If, as is expected, many substances in current use are found to be ineffective it will help keep our athletes safe and improve confidence in sporting results."

Adam Cohen -- Centre for Human Drug Research in Leiden -- The Netherlands

**You may copy** any and all contents of this packet, with exception and exclusion of using such copies for purposes of producing revenue, profit, or any direct or indirect compensation.



# 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?

# TheETG Charter & Bylaws

## TheETG Charter

The Elite Training Group track club uses the acronyms, ETG, and The ETG.

1 — The Elite Training Group track club is a sole proprietorship owned by Marshall Burt. It was created in June 1990 by Marshall Burt and first registered as a National Club with USA Track & Field in March 1996. The ETG is headquartered in the city of Austin, in the state of Texas. The ETG is a group of professional and non-professional distance runners. The ETG logo is a trademark owned by Marshall Burt.

2 — TheETG Mission is to; expand the area of what is possible for human performance in distance running, competent self-care [medicine, psychology], and parenting.

3 — The official ETG logo is a trademark of The Elite Training Group track club.

## TheETG Bylaws

An "ETG club member" is defined as a person who has met the criteria for membership and been accepted into the club as a member by ETG club owner Marshall Burt.

1 — The ETG track club will avoid major year to year changes to ETG race uniforms and t-shirts that impair track fan familiarity, recognizability, and stability of image.

2 — ETG club members will avoid wearing [during races] sunglasses or other items that impair recognizability.

3 — Promoting the sport **-inside-** the United States is difficult to achieve by competing **-outside-** the United States. We do not compete in track meets outside the United States other than World Cup, World Championships, Olympic Games, or other competitions with the U.S. national team, unless the meet is televised inside the United States.....on national television that airs between 9am and 11pm eastern time.

4 — ETG club members will avoid competing in Track & Field and/or road running events located above 1000 feet altitude. Exceptions are as follows — USA Track & Field Championships — IAAF World Track & Field Championships — World Athletics World Cup — Olympic Games — other competitions with the U.S. national team

5 — ETG club members will avoid joining any athlete union beyond the scope of the USA Track & Field Athlete Advisory Committee.

6 — ETG club members will adhere to the letter and intent of all provisions of ETG Endorsement services contracts.

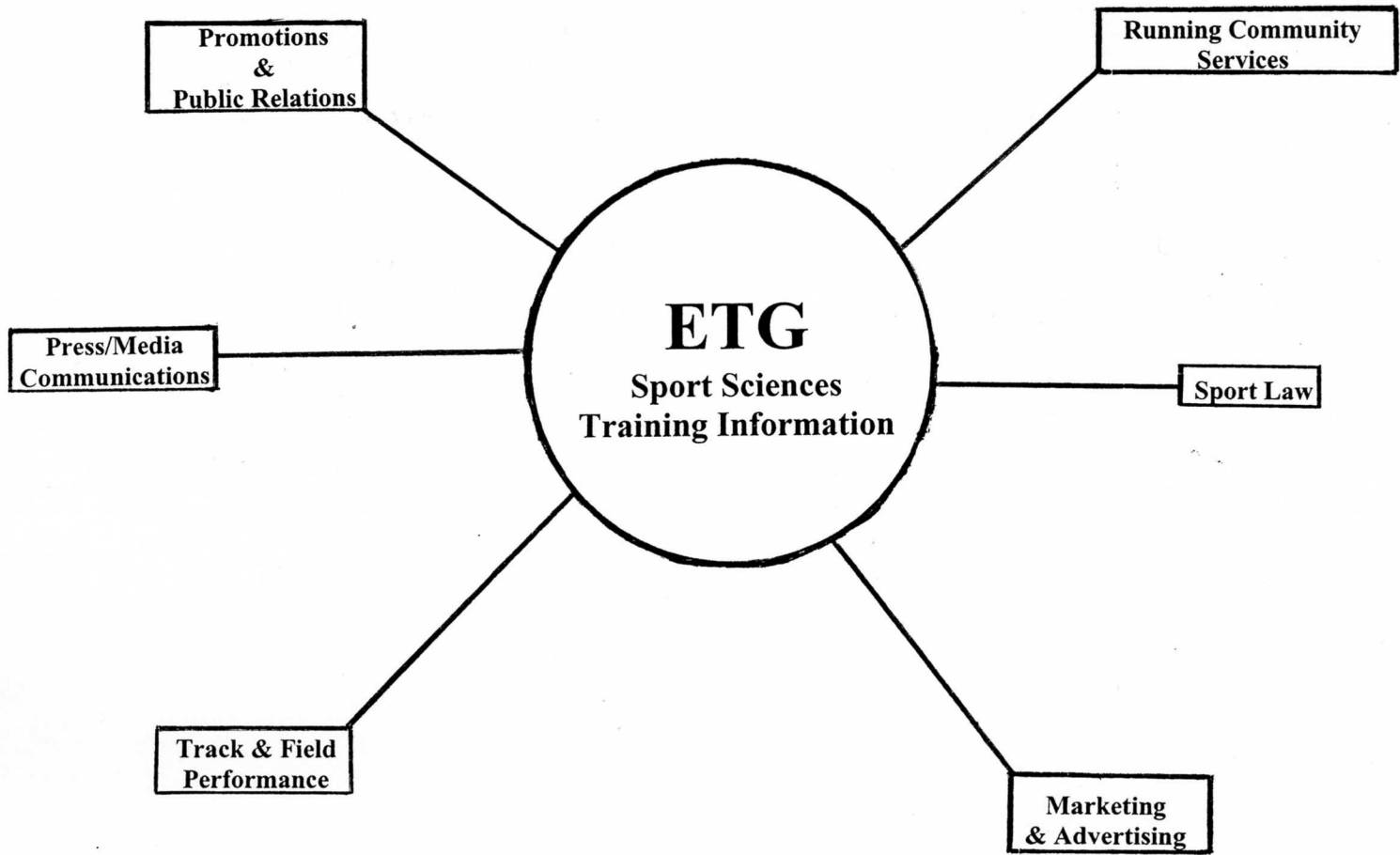
7 — ETG club members will avoid endorsement of products containing alcohol, caffeine, ephedrine, or cortisone.

8 — ETG club members will keep to a minimum their use of agents and lawyers and put an emphasis on representing themselves in all personal endorsement contract negotiations and other personal business pursuits related to participation in the sport of Track & Field and/or road running.

9 — ETG club members will avoid ingesting, injecting, inhaling, or applying to skin any substance banned for use in the sport of Track & Field, substances collectively referred to by ETG club owner Marshall Burt as "Performance -Retarding- Drugs".

10 — ETG club members will avoid use of methods and practices banned for use in the sport of Track & Field. **Exceptions** are as follows;.....Ingestion of normal, natural nutrition products such as milk and colostrum [some of the contents of which the World Anti-Doping Agency has labeled as banned substances]

Our training program is at the center of our performance, promotions, marketing, and business aspects of our club.  
If our training program works, so will everything else.



\* IDENTIFY ALL MAJOR MECHANISMS OF  
OPTIMAL HUMAN PERFORMANCE

Optimal Performance

\* DESIGN A TRAINING PROGRAM THAT ADDRESSES  
ALL MAJOR MECHANISMS

Step One: Identify Your Limitations

Step Two: Remove Them



**OPTIMAL  
PERFORMANCE**

**CONTROLABILITY  
OF  
PERFORMANCE**

*CONTROLABILITY  
OF*  
**MUSCULAR  
FITNESS LEVEL**

*CONTROLABILITY  
OF*  
**CEREBRAL  
FITNESS LEVEL**

## **Sport Promotions Outcome Goals**

- increase the number of butts in the seats at major track meets
- increase quality of TV coverage of major track meets
- increase viewership of major track meets

## **Mechanisms Of Goal Achievement**

- visibility of the sport
- visibility of athletes
- performance level at major track meets
- presentation of major track meets



## So called "performance enhancing drugs" are prescription drugs.

### Some examples of the effectiveness of prescription drugs in sport.....

"The drug erythropoietin, often called EPO.....a new systemic review of existing research reveals that **there is no scientific evidence that it does enhance performance**, but there is evidence that using it in sport could place a user's health and life at risk."  
EPO [erythropoietin] doping in elite cycling: No evidence of benefit, but risk of harm  
Science Daily.....December 5, 2012.

"...**there is no scientific basis from which to conclude that rHuEPO has performance-enhancing properties** in elite cyclists." "The use of rHuEPO in cycling is rife but scientifically unsupported by evidence, and its use in sports is medical malpractice."  
J.A.Heuberger, et al  
Erythropoietin doping in cycling: lack of evidence for efficacy and a negative risk-benefit.  
British Journal Of Clinical Pharmacology.....Volume 75 #6.....June 2013...page 1406

"The **over-exaggeration of the effects of growth hormone** in muscle building is effectively promoting its abuse...."  
"....there is the question of disinformation on rhGH....Part of this problem may, paradoxically, derive from the anti-doping authorities themselves. By ignoring the evidence the **rhGH does not work** in normal healthy subjects, the athletic establishment could be accused of effectively promoting its use."  
"**We must tell athletes the truth: growth hormone does not 'work'** or at least not as they think it does and that its is associated with all kinds of immediate and long term hazards-----everything from decreased performance to cancer."  
"....none of us scientists, doctors, coaches, or sports bodies should continue to suggest that this dangerous doping practice works."  
M.J. Rennie  
British Journal Of Sports Medicine.....Volume 37 #2....April 2003....pages 100-103

"**Testosterone prohormones** such as androstenedione, androstenediol, and dehydroepiandrosterone (DHEA) have been heavily marketed as testosterone-enhancing and muscle-building nutritional supplements for the past decade."  
"Contrary to marketing claims, research to date indicates that the use of prohormone nutritional supplements (DHEA, androstenedione, androstenediol, and other steroid hormone supplements) **does not produce either anabolic or ergogenic** effects in men. Moreover, the use of prohormone nutritional supplements may raise the risk for negative health consequences."  
G.A.Brown, et al  
Testosterone Prohormone Supplements.  
Medicine & Science in Sports & Exercise.....Volume 38 #8....August 2006.....pg 1367-1537

## So called "performance enhancing drugs" are prescription drugs.

### Some examples of the effectiveness of prescription drugs in American medicine & health care.....

"Most drugs are only effective **for a small percentage** of people who take them."  
Michael Leavitt [U.S. Secretary of Health & Human Services 2005 - 2009]

".....the benefits that US health care currently deliver **may not outweigh the aggregate health harm** it imparts."  
Journal Of The American Medical Association...Volume 302 #1..July 1, 2009...page 89 - 91

"It is estimated that more than 700,000 individuals are seen in hospital emergency departments for adverse drug events each year in the United States."  
[Centers For Disease Control.....2015]

"106,000 deaths/year **from non-error**, adverse effects of medications"  
B. Starfield  
Is US Health Really the Best in the World  
Journal of The American Medical Association.....Volume 284 #4....July 26, 2000....page 483 - 485

".....1.5 million U.S. residents are harmed or killed each year because of medication errors, according to an Institute of Medicine report."  
Nature Medicine....Volume 12 #9.....September 2006.....pg 984 - 985.....News In Brief

**Pursue becoming a**

**Master Of  
Sport**