

Team FatBird: Operation Sunbird 2011
Frequently Asked Questions (FAQ)
Version 3.0 (2 August 2011)

About the Program:

What is Operation SunBird 2011?

Operation Sunbird is a 12-week marathon training program for runners doing the Standard Chartered Marathon Singapore (SCMS) on 4 December 2011. It comprises of two weekday workouts and one weekend long run weekly.

Do I need to register for the Standard Chartered Marathon Singapore (SCMS) myself?

Good news - there is a SCMS 2011 slot included in the package, so runners need not register for their SCMS slots separately.

You will be asked for your SCMS registration details, including tee-shirt sizing in a few weeks when we submit the SCMS registrations as a group.

What is the training program for Operation Sunbird 2011 based on?

The training program is based on FlightZONES™ Training System, incorporating heart-rate measurements and progressive paced running, and complemented with PowerFLIGHT™ Strength and Speed Training System. The sessions are conducted by a team of experienced Marathoners and Pacers.

Please refer to "Team FatBird's FlightZONES Benefits Chart" under the Discussions tab in the Sunbird's Nest for more information, accessible once you have successfully registered for the training program.

Where do the Training Contributions go to?

The Training Contributions go towards the following:

- A confirmed SCMS 2011 race slot
- 12-week Team FatBird (www.teamfatbird.com) Flight-Zones™ Marathon Training Program:
 - Heart-Rate & Pace Training sessions.
 - 2 weekday runs & 1 weekend long run
 - Isotonic Drinks/Refreshments after long runs.
 - Experienced Marathoners and Pacers leading and guiding the runs
 - Advisory & Information on Running Techniques, Performance, Sports Nutrition
- Trainees meeting the attendance and performance criteria will receive the following Team FatBird apparel:
 - A New Balance (NB) "Operation Sunbird 2011" TRAINING short-sleeved top
 - A pair of NB "Operation Sunbird 2011" shorts
 - A NB "Operation Sunbird 2011" RACE DAY singlet
- Race Day Hospitality Tent for Sunbird Pacers and Trainees
- Isotonic drinks / refreshments post-runs
- A one-time 50% kit-up discount for NB apparel, shoes, equipment
- eCertificates of Completion to qualified participants
- Discounted registrations for New Balance Real Run (NBRR) 2011

Where can the trainees get detailed information on training schedules and access to the coach/training crew?

The Sunbird's Nest, a private training area has been set up to inform, update and share all training information. All registered trainees will be invited to join the Sunbird's Nest on Facebook.

I have submitted my registration, but have yet to receive any reply. Am I accepted into the training program?

Due to limited number of spaces for Operation Sunbird 2011, runners who register for the training program will be subjected to approval by the organizing committee before having their application accepted.

Successful applicants will receive an email confirming their training slot and payment details within 5 days of their registration. Payment for training contributions have to be made within a week (7 days) of acceptance, otherwise the slot may be forfeited. Unsuccessful applications will be put on a waiting list, unless the applicant withdraws the application with a written note to training@teamfatbird.com.

I already have a race slot for SCMS2011. Can I still apply for the OPERATION SUNBIRD training package?

Yes, you can still apply for just the training program in Phase 2 (end July), subject to the availability of training slots after Phase 1 (with SCMS slots) has ended.

I am not participating in SCMS2011. Can I still apply for the OPERATION SUNBIRD training package, to leverage on the training for my other upcoming marathons?

Yes, you can still apply for just the training program in Phase 2 (end July), subject to the availability of training slots after Phase 1 (with SCMS slots) has ended.

I have submitted my registration details for SCMS and NBRR to training@teamfatbird.com. Will I get any confirmation, and be allotted all entitlements?

Your SCMS and NBRR registrations will be submitted through New Balance (under corporate registration). You will get all race entitlements and advice on tee-shirt sizing collection and race pack collection from the SCMS organizers, nearer to race date.

What sizing should I choose for the apparel?

All apparel sizing are based on current New Balance (Asian sizing) at the stores. We will provide sizing specifications for final selection before ordering the running tops/shorts for you.

About the training runs:

I am unable to commit to the training schedules of the entire Sunbird Program. Can I just participate in some of the training sessions?

There is a drop-in fee of \$15/session if you wish to just come for a few selected sessions. Write in to training@teamfatbird.com with your selected dates, and we will send you the training details. Drop-

in participants will not be able to qualify for program entitlements, but will still have access to training, refreshments, and available team sales/discounts.

Is it compulsory for me to attend all training sessions? What if I cannot attend some of them?

The training schedule serves as a guide for your training. However, while it is not compulsory to attend all training sessions, you are encouraged to attend as many training sessions as possible to gain maximum benefits out of Operation Sunbird 2011. Also the entitlements are only given to you upon satisfying attendance and performance criteria.

When and where are the weekday/weekend runs held? What time do the runs start?

Please refer to **Training Schedule** in the [Sunbird Facebook Page](#) for more information on the dates for weekend runs.

Detailed weekly schedules will be provided once you are enrolled.

I am busy during the weekday evenings and may not be able to attend some of the weekday training sessions. Will it affect my attendance record and performance buildup?

Weekday training runs are optional. The 2 weekday runs are planned for Monday, Tuesday or Thursday evenings. They may be done at your own time and venue if you are unable to make it to the designated weekday training runs.

Is there baggage deposit area at the meeting point?

There is baggage deposit area at the meeting point for trainees to store their belongings, however please refrain from storing valuables. Team FatBird will not be responsible for any loss or damaged items

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Are drinks / refreshments provided?

Post-training drinks/refreshments are provided at the meeting point. There will not be drinks / refreshments stations provided along the running route, therefore bring your own hydration for the duration of the run.

Where do I find the route map for the run?

There will be a route briefing prior to the start of the run, and there will be Running Guides and marshals showing the route during the run.

I have signed up for some races which clash with the weekend Training Runs. How will it affect my training attendance record?

Trainees are allowed up to 2 races in place of weekend training runs. The race(s) will be treated as make-up for weekend training, and timings will be recorded accordingly in the Sunbird Training Attendance.

Will the training runs be cancelled due to bad weather, and will my attendance be recorded in such circumstances?

FatBird Training Runs are rarely cancelled.

The organizers will always be present at all FatBird Training Runs. In the event of the run needing to be cancelled due to inclement weather and other unforeseen circumstances, alert messages will be posted in The Nest (facebook) 1 to 2 hrs prior to the training run. In cases of heavy thunderstorms, training will still go on (with a revised program if necessary) when the rain subsides and there are no dangerous conditions like lightning or flooding. A final decision will be made on location 1hr after the scheduled start time to cancel or proceed.

Attendance for such training sessions will be waived, and made not compulsory. Trainees may do their own run following the program guidelines, and report their timings for record purposes.

About the race:

Will Team FatBird be the official pacers for SCMS 2011?

Team FatBird will not be the official pacers for SCMS 2011. However we will have Pace Training from Week 7 of Operation Sunbird 2011, where the trainees will get to run the longer distances in target pace along with Running Guides.

Will there be a meetup for the Operation Sunbird 2011 trainees during the event?

There will be a hospitality tent (with light refreshments and post-race massage) for Operation Sunbird 2011 trainees and pacers on race day. More details will be released closer to the event date.