



WINGMAN IN TRAINING GUIDELINES

WINGMAN IN TRAINING COMMITMENT

An ASA Wingman in Training is a prospective Wingman who is training to run their 1st 5K.
An ASA Wingman in Training commits to:

1. Complete the ASA 5K Training Program
 - a. Personal training will be required outside of ASA Group Runs to build endurance to begin running a 5K with ASA
 2. Attend a minimum of 1 ASA group run a month (mid March - mid November) to connect with members of their local community
 3. Fundraise \$365 for The Wingman Program by December 15th (see fun tips below!)
 4. Become an ASA Wingman when they feel they have successfully completed the ASA 5K Training Program and are confident running 5Ks.
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WINGMAN COMMITMENT

1. Attend a minimum of 1 ASA group run a month (mid March - mid November)
2. Participate in 2-3 races a year with ASA
3. Fundraise \$365 for The Wingman Program by December 15th (see fun tips below!)
4. Agree to the [Wingman Guidelines](#)
5. Participate in at least 1 race as a Wingman with ASA by the end of the year

ASA commits to providing every Wingman 3 free races a year: the ASA RunFest (spring) and two others of your choice assigned through the Wish List process for the Summer (1) and Fall (1) seasons.

HOW DOES THE WINGMAN IN TRAINING PROGRAM WORK?

1. Download your ASA 5K Training Program tracker [HERE](#).
2. Meet with the ASA Wingman In Training Program Coordinator to get started.
3. Set your goals and start your training runs outside of ASA Group Runs.
4. Sign up to attend Group Runs with ASA on the Sign Up Genius (linked on ASA's website).
 - a. You will join Group Runs in your community for one of your weekly training runs while you are building up to run a 5K distance.
 - b. You will be encouraged by your ASA Family as you build up to running a 5K as an ASA Wingman.
 - c. While the Wingman Teams complete their runs, you will complete your own run/walk at your pace while the other teams encourage you.
5. When you are able to run a 5K without stopping, let your Community Coordinator know to assign you to a Wingman Team for the next Group Run. Try it out! If you need more time, keep training - it's ok!

A good guide for when you are ready is: you can run a 5K distance in under 50 minutes without stopping.

6. When you can run the 5K on a team at a Group Run, let the Wingman In Training Program Coordinator know and we will help select and sign up for your first race as an ASA Wingman!
7. You then are officially an ASA Wingman.
8. Invite a friend to join you.

DISABILITY INSIGHTS

We realize that being an ASA Wingman is many people's first experience connecting with and empowering a person living with a disability. ASA has created an overview of the different disabilities you may encounter in our program as well as insights into how to interact with a person with a disability. Our goal is to ease your fears and equip you to be the best Wingman you can be for our Athletes living with disabilities. To view a more comprehensive document looking at the disabilities you may encounter - [click here](#).

CONFIDENTIALITY

As a Wingman with ASA, you will have access to confidential information about ASA Athletes. Do not share sensitive information (addresses, health information, donation information) with anyone.

YEAR AT A GLANCE

January	Wingman Program Registration Opens
February	Wingman Program Registration Open
March	Group Runs & Racing info released Group Runs & Racing start
April	Group Runs & Racing start Wish List (summer) ASA RunFest
May-Nov	Group Runs & Racing continue
July	Wish List (fall)
October	ASA Bash

GROUP RUNS

- FREQUENCY: offered 2-3 times a month in each community (typically 2 week nights & 1 weekend)
- TIME OF DAY: different in each community - week night runs occur before dark, weekend runs typically occur in the morning
- SIGN UP PROCESS:

- 1 week prior to group run date - sign up on Sign Up Genius site (linked on ASA website)
 - 2 days prior - cancel via the Sign Up Genius if can no longer attend
 - It is important to use the Sign Up Genius as this is how weather cancelations will be communicated.
 - Follow directions on the Sign Up Genius if you need to cancel at the last minute.
 - TYPICAL GROUP RUN: 1 hour
 - Arrive to group run 15 minutes prior to start time
 - Check in with Group Run Manager
 - Greet fellow ASA Wingmen and Athletes while Captains build joggers
 - Await Group Run Manager direction to assign teams for the run
 - Connect with teammates
 - RUN
 - Say goodbye to teammates and depart
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RACING

- FREQUENCY: ASA attends 7-10 races per month on average throughout our ASA Communities
 - SIGN UP PROCESS:
 - Check the ASA Race Calendar on the ASA Website to see which races we are participating in
 - Pick the races that interest you and fit your schedule
 - Email the Coordinators for those races to receive registration instructions
 - Upon receiving your registration confirmation from the race - forward to the Coordinator
 - The Coordinator will then add you to the race within ASA to be paired to a Wingman Team
 - RACE DOC: This is the document emailed to every Wingman Team participant prior to a race
 - 1 week prior to race day - you will receive a document proving race day contact information, parking information, and all pertinent race information for ASA
 - This document will contain your Wingman Team assignment - the Captain in charge of your team, the Athlete for your team, and the other Wingmen on the team
 - A few days before race day - your Captain will email the Wingman team and introduce themselves and provide any other information about the Athlete they need to share
 - RACE DAY: Follow the directions in the race doc
 - ATHLETE PROFILES: Every ASA Athlete has an Athlete Profile that is placed in their jogger during Group Runs and Races for the Wingman Team to reference. This profile provides information about the Athlete - their likes/dislikes, their disabilities, and parent contact information. The Captain (an experienced and background checked Wingman for at least 2 years) assigned to lead the Wingman Team communicates with the Athlete's parent/caregiver prior to arrival and knows the Athlete's history.
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RULES OF THE ROAD

- Each team will consist of 1 Athlete, 1 Captain, and 1-3 Wingmen
- All members of the team will stay together throughout the run.
- The group's pace is based on the slowest Wingman.
- All Wingmen should share the responsibility of pushing the Athlete as needed to complete the event safely.
- Wingmen interact with ASA Athletes but are not responsible for the direct care of any ASA Athlete.
- Wingmen share the jogger pushing in races and group runs.
- Focus on running in a straight line. Avoid unnecessary turning or stopping. Do not "pinch" the

corners on turns. Maintain a safe consistent path always.

- In heavy runner traffic, guiding Wingmen (those not pushing) should focus on safety of the team by guiding a path for the jogger. They should run on the sides of the jogger, 3-5 feet from the front wheel and remain there except during rotation.
- Each team Captain must carry a cellular phone and have the phone number of the ASA Onsite Manager and their Athlete's parent/guardian.
- No headphones are allowed while running.
- Dress and act in an appropriate manner at all times. Please wear your ASA shirt, proper athletic apparel, and sunscreen if necessary.
- As soon as you cross the finish line, or finish your group run, try not to disrupt the flow of other finishers. Clear the area safely and timely.
- Do not use water stops and/or relay check points. Have guiding Wingmen secure water/Gatorade as necessary for the team. If a stop is required please coordinate beforehand the time and place as to not disrupt the flow of other participants, either before or after the actual water stop area.
- Do not "tailgate". Runners frequently stop spontaneously. Be alert for this to happen. Do not push your way around other race participants or ask them to move aside.
- Report any emergencies to the appropriate authorities after first taking immediate action to ensure the health and safety of the participants.
- Abstain from transporting, storing, and/or consuming alcoholic beverages, tobacco products, and/or illegal substances when responsible for the safety and well-being of Athletes. Athletes Serving Athletes prohibits consumption of alcohol and tobacco during events (24 hours a day) by participants and by anyone with Athlete responsibilities at an Athletes Serving Athletes event. Consumption of alcohol, tobacco, and/or illegal substances shall not be permitted at any Athletes Serving Athletes competition venue or training site.
- Do not engage in any inappropriate contact or relationship, including, but not limited to, any sexual contact or sexual relationship with Athletes, volunteers, or other participants of Athletes Serving Athletes.
- Follow the established rules and guidelines of Athletes Serving Athletes and/or any parties involved with Athletes Serving Athletes.

FUNDRAISING

Part of your commitment as an ASA Wingman is to fundraise \$365 annually. After December 15th, any remaining funds less than your \$365 commitment will be charged to your credit card on file. For Wingmen that raise above and beyond the commitment, there are incentives offered throughout the year.

- Share your fundraising page on your birthday
- Share your personal experience at a race or training
- Personalize your fundraising page with a photo and your ASA story
- Copy and paste your fundraising page link on social media
- Host a fundraising night at a local restaurant
- Invite family and friends to RunFest - all funds raised on your RunFest page count towards your WM fundraising goal!
- Please don't start a Facebook Fundraiser. We are unable to track Facebook donations and apply credit to you. Instead, please copy and paste your WM Fundraising Page link directly into a post to share.
- For a complete list of Fundraising opportunities (including Water Stops and Expo Support) please click [HERE](#)

Thank you for joining us and we look forward to a wonderful running season with you. Together We Finish!