



What is it? It's kind of like Facebook for runners. It hosts lots of videos of races and interviews with the world's best male and female runners, but it's most importantly a community where coaches, teammates, and fans of a high school or college team can keep in touch.

Why don't we just use Facebook? Because the focus of this service is on running, it avoids most of the distractions that other networking sites offer. Also, Flotrackr has the ability to post logs of runs, comment on those runs, track mileage on shoes, and share racing accomplishments with the entire team.

Is it safe? As far as we can tell, yes. The coaches, all of whom are moderators, can filter any inappropriate comment from the site. Coaches also must approve any new member, and non-members only see limited information on the team and its members.

How do athletes sign up? Go to <http://www.flotrackr.com>. Create an account. When you've created your account, go to Find Teams. Search for North Cobb Warriors. When you find our team page, request to become a MEMBER. Your coaches will approve you as soon as they get the message.

How do parents sign up? Same process as above, except parents will want to join as "PARENTS" or "FANS".

How about plain old fans? You can sign up to. Request to become a "FAN", but you will have limited access to team information.

Any questions, email Coach Stephenson