

**Comox Valley Road Runners**  
**5K Running Clinic Schedule**  
**2010**

**Jan 16: 8:30 a.m.** Welcome!

**Jan 23: 9:00 a.m.** “A Great Understanding.” The incredible story of running shoes!

**Speakers:** Jill Lawson, Asics Representative and Lene Curts, Extreme Runners

**Jan 30: 9:00 a.m.** “Dress For Success.” Wow! Now it's time to look as good as we feel! You will be shown the very latest in running wear, from the inside out ..or maybe that's too much information... compliments of local running store Extreme Runners. This creative fashion show is sure to entertain!

**Speaker:** Lene Curts, Extreme Runners

We will be running first today so arrive on time and ready to roll!

This is also our first **Breakfast Run!** This means we each bring a potluck item to share that we would appreciate eating after our training run. Ask your run leaders for more info.

**Feb 06: 9:00 a.m.** “Feed The Machine.” Starting to wonder how to feed the athlete in you? We have the answer and more in this segment; everything from before and after your training runs to the even more important Race nutrition. Also included; sports drinks and hydration.

**Speaker:** Dr. Wayne Crowe

**Feb 13: 9:00 a.m.** Meet at the Tsolum Building, Lewis Park  
“Running Strong.” Running requires muscles.. but which ones and how do we strengthen them? What if we don't like gyms..or have time for another workout in our day... we have those answers and more!

**Speaker:** Diane Palmason

We will be heading out the door first thing again today so ready, set, go!

**Feb 20: 9:00 a.m.** “**Inspiration.**” Simply... lets get motivated. We have an amazing show of personalities for you today... we can hardly wait!

**Guests today and their 'personal super powers':** Diane Palmason (longevity), Barry Dargie (challenge), Brad Crowe (stardom), Shannon Lebeuf (discovery)

**Feb 27: 9:00 a.m.** “**My @&%\*\* Hurts.**” Good for what pains you, and what may be coming! Get the low down on running injuries of all sorts.

**Speaker:** Dr. Wayne Crowe

**Mar 06: 9:00 a.m.** “**The Body's Team.**” So you're eating right, doing your squats and your outfit has you feeling like an Olympic sprinter! Why are you still having a few body issues?? Who else can you go and see for relief? Today's Health Fair style segment will introduce you to several more practitioners who keep the Runner's body moving smoothly.

**Guests today are:** Eddy Betinol – “The Joint”Physiotherapy.... Lynn Brandon – “Bodyworx Physiotherapy” Pilates.... Deb Rolston – Yoga..... Dean Sylvester – “Summit Therapeutic & Sports” Massage Therapy....

This is another Breakfast Run! We will be running first again today so come ready to run directly at 9:00 a.m.

**Mar 13: 9:00 a.m.** “**Are You Ready For This?**” Get the final word on being perfectly prepared (if that's ever possible) for Race Day. The official coach of the Comox Valley Road Runners, Kathy Rung, will make sure all your questions are answered.

**Speaker:** Kathy Rung

**Mar 20: 9:00 a.m.** **5K FUN RUN.** Best of Luck to all!!!!!!!!!!!!!! Have an amazing run.