

Comox Valley Road Runners
5K Running Clinic Schedule
2011

Jan 15: 8:30 a.m. Lower Native Sons' Hall.

Registration & Welcome! – Steven Royer, Coordinator.

Safety Issues: Rick Clough & Jamie Kantor.

Introducing: CVRR Club Coach Kathy Rung for warm up.

Jan 22: 9:00 a.m. Lower Native Sons' Hall.

Footwear: Lene Curts, Extreme Runners

Jan 29: 9:00 a.m. Lower Native Sons' Hall.

Injury Prevention: Dave Nowak, Rehab in Motion.

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 05: 9:00 a.m. Meet at the Tsolum Building, Lewis Park

Stretching and Flexibility: Dr. Liza Grant, Tenth Street Chiropractic.

Feb 12: 9:00 a.m. Lower Native Sons' Hall.

Strength = Balance = Strength: Diane Palmason, Multiple Canadian Masters Track Record Holder.

We will be heading out the door first thing today so ready, set, go at 9:00 am!

Feb 19: 9:00 a.m. Lower Native Sons' Hall.

Nutrition: Dr. Wayne Crowe

Feb 26: 9:00 a.m. Lower Native Sons' Hall.

Fashion Show Extraordinaire: CVRR members model running gear.

Second Breakfast Run.

Mar 05: 9:00 a.m. Lower Native Sons' Hall.

Lower Limb Anatomy: Trevor Pritoula, Certified Pedorthist (Orthotic & Footwear specialist).

Mar 12: 9:00 a.m. Lower Native Sons' Hall.

Goal Setting: Keith Wakelin.

Motivation: Kathy Rung

Mar 19: 9:00 a.m. 5K FUN RUN - Registration, Filberg Rotary Hall, off Anderton Ave.

9:30 a.m. 5K FUN RUN - Best of Luck to all!!!!!!!!!!!!!! Have an amazing run.

Followed by Breakfast – Bagels, Fruit, Breads, Muffins, Sweets, etc.

Draw Prizes and more!