

Comox Valley Road Runners' 5K Fun Run

After 10 weeks of sweat, laughter, food and drink, some more sweat and lots of puffing The Comox Valley Road Runners' 5K Running Clinic has come to an end for yet another year. The Running Clinic is an annual affair put on by the CVRR every January through March and is designed to give everyone who participates the tools that they need to either become runners, or improve their existing skills. Saturday, March 19 saw 82 participants complete the "graduation" 5K race staged from the Filberg Center in Courtenay.

Guest speakers come from our local community and give of their time willingly and graciously. This year's line up both informed and entertained...

Extreme Runners'Lene Curts was on hand to help every one understand their shoe choices. She then came back another week to provide the clothing /accessories and spirited commentary for a fashion show which showcased a few of the CVRR volunteers.

Dave Nowack from Rehab in Motion gave folks a very good description of possible injuries from the sport and how to avoid them.

Dr. Liza Grant of 10th Street Chiropractic not only informed attendees of how helpful good alignment is and how to attain it, she led the warm up/cool down stretches that day and ran with a group.

Since Strength=Balance= Strength is such an important equation; none other than Diane Palmason, holder of many Canadian Masters' track records, gave an interactive speech on the subject. She had the room up and moving as they experienced all of her excellent exercises.

Dr. Wayne Crowe gave some very useful and informative Nutrition advice, followed the next week by Trevor Pritoula of Henry Orthotics who gave a specific talk on legs, from the knee down to the foot.

CVRR Coach, Kathy Rung, gave a terrific motivational chat on the week before the "Big Race", calming a few nerves and answering a few "race prep." questions.

Of course every week there is running involved, it's not all fun and games! On average, 25 CVRR volunteers per week happily led the 8 participant groups, giving everyone involved a sense of being looked after. No one is left behind. Many happy faces were worn across the finish line on the last Saturday, as attendees either finished their very first 5K distance or ran their fastest 5K ever.

Clinic Director Steve Royer, along with assistants Holly Horodney and Leslie Dargie, would like to thank everyone involved, especially the amazing group leader volunteers headed up by Sam Knowles and also Roz Smith for her work on the 5K Finale.

We hope to see you all out again next March, trying to improve on this year's 5K time.