

Jan. 14, 2012 8:30 a.m. Come early for "Day Of" Registration

9:00 a.m. First Session begins WELCOME!!

...Introductions....Clinic Instructions....Q & A

CVRR Club Coach, Kathy Rung leads the Warm Up

Groups head out the door....

All back for a mass stretch.

Jan. 21, 2012 9:00 a.m. **CLOTHING AND FOOTWEAR WITH EXTREME RUNNERS.** warm up and stretch portion lead by Mary Bridges of "Lets Go"

Lene Curts, owner of Extreme and avid runner and mountain biker, will explain how technical clothing works and how the proper running shoe for your foot is an absolute must!

Jan. 28, 2012 9:00 a.m. **BALANCE AND STRENGTH WITH DIANE PALMASON.** warm up and stretch portion lead by Diane Palmason

Diane has been a runner since 1975, and a coach of "adult-onset" runners since 1988. She was inducted into the Canadian Masters Hall of Fame in 2010. Her vast experience and knowledge in running is equaled only by her captivating and inspiring teaching style.

***** Breakfast Run*****

Feb. 04, 2012 9:00a.m. (Tsolum Bldg, Lewis Park) **INJURY PREVENTION WITH BAYVIEW CHIROPRACTIC.** warm up and stretch portion lead by Frank Graham

Dr. Debbie Wright comes from a competitive swim background and continues to swim with the Masters and compete in Triathlon. She will attempt to help us understand how injuries can happen, how to avoid them and, if we still have trouble, how to deal with them.

Feb. 11, 2012 9:00a.m. (Tsolum Bldg, Lewis Park) **MOTIVATION.** warm up and stretch portion lead by Frank Graham

We've reached the half way point now, time to get a little revved up.

Feb. 18, 2012 9:00a.m. **FORM AND FUN WITH DIANE PALMASON.** warm up and stretch lead by Diane Palmason

A sequel to her earlier Balance and Strength segment: Diane offers us tips for adjusting our running form to increase our comfort and enjoyment

Feb. 25,2012 9:00a.m. CROSS TRAINING WITH DEREK RICHMOND

warm up and stretch portion lead by Frank Graham

Learn about Cross Training and how this can either help or hinder your new athletic career. Derek is an accomplished runner, triathlete and duathlete.

*****Breakfast Run*****

Mar. 03,2012 9:00a.m. NUTRITION; FOOD AS FUEL WITH MIA

SUTHERLAND OF THE CORE FITNESS. warm up and stretch portion lead by

Mary Bridges (Lets Go)

Get the low down on Proteins, Carbs and Fats and how they can work together to create the most efficient you you've ever met. Learn how to unlock your energy stores and shake that sluggish you for good.

Mar. 10,2012 9:00a.m. WHAT'S NEXT? LIFE AFTER THE CLINIC.

warm up and stretch portion lead by Mary Bridges (Lets Go)

Fairly self explanatory; information on community running groups, CVRR Track nights, local races and fun runs and much more....

Mar. 17,2012 9:00a.m. 5 K FUN RUN!!!! Our Graduation Ceremony.

Everyone is entered. We open this race to the community for a nominal registration fee but keep it very low key with our usual casual vibe.