

3 CLINICS IN 1

Walk Clinic

Learn to walk with purpose. Get the skills you need to get moving, walk a 5K distance, maybe turn your walk to a run

Run Clinic

Turn your spirited walk in to a 5K run in a safe, fun manner. Are you already doing some running with your walk? We have a group for you as well. All pace levels are accommodated.

Race Clinic

So you're already a runner and you regularly run 5K or more. Would you like to go a little faster? Of course you would. No matter your pace, learn the latest in safe HILL training, have PICK UPS and FARTLEKS demystified, find how effective the right SPEED workouts can be and finally master the perfect TAPER!



PLEASE MAIL CHEQUE TO;

Comox Valley Road Runners
P.O. Box 3521
Courtenay, B.C.
V9N 6Z8

for more info contact;
Leslie Dargie
250-897-1213

www.cvrr.ca

C.V.R.R.

5K

Running Clinic

3 clinics in 1



RUNS
JANUARY
TO MARCH
2012

LOWER
NATIVE
SONS HALL
COURTENAY

Make this the year you change
your life

Get off the couch and go the
distance

RACE,RUN,RUN/WALK OR WALK

Register at;

EXTREME RUNNERS
436-5 Street
or
LEWIS CENTRE
489 Old Isl.Hwy



or **day of** registration on the first day; 8:30 a.m. at the **Lower Native Sons Hall** on Cliffe and 3 St.

10 weeks of instruction,
guidance, group runs, guest
speakers, new friends and a
new lifestyle.

All for \$45.00

Late registration, after Jan. 7,
pay **\$50.00**

What else?

a unique technical Tshirt
manual/log book
5K Fun Run/Race

The Clinic finishes with our 5K Fun Run on March 17,2012 which is included in your Clinic cost and is considered your "Grad Ceremony". This is an open race in which the community is invited to participate, for a nominal entrance fee.

Dates	Topic	Location
Jan 14,2012 8:30-11:30am	Welcome,	Lower Native Sons Hall
Jan 21,2012 9:00-11:30am	Clothing and Footwear	Lower Native Sons Hall
Jan 28,2012 9:00-11:30am	Balance and Strength *breakfast run*	Lower Native Sons Hall
Feb 04,2012 9:00-11:30am	Injury Prevention	Tsolum Building Lewis Park
Feb 11,2012 9:00-11:30am	"Hump Week" Motivation	Tsolum Building Lewis Park
Feb 18,2012 9:00-11:30am	Form and Fun	Lower Native Sons Hall
Feb 25,2012 9:00-11:30am	Cross Training "breakfast run"	Lower Native Sons Hall
Mar 03,2012 9:00-11:30am	Nutrition: food as fuel	Lower Native Sons Hall
Mar 10,2012 9:00-11:30am	"What's Next" life after the clinic	Lower Native Sons Hall
Mar17,2012 T.B.A.	5 K FUN RUN	Lower Native Sons Hall

REGISTRATION

NAME- _____

ADDRESS _____

PHONE # _____

EMAIL _____

Tshirt size: XS M L XL XXL

female male

walk

walk/run

race

I know that running is potentially a hazardous activity, which could cause injury or death. I will not enter and participate unless I am medically able, and by my signature, I certify that I am medically able to participate in this event, and am in good health. I agree to abide by any decision of a Club official relative to any aspect of my participation in this event. I understand that animals and headsets are not allowed during this event and I will abide by this guideline. Having read this waiver and knowing these facts and in consideration of your accepting my registration I, for myself and anyone entitled to act on my behalf, waive and release the Comox Valley Road Runners 5K Running Clinic, in the City of Courtenay, and their sponsors, volunteers, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose and indemnify each and all parties herein referred to above from all liability, loss, cost, claim or damage whatsoever as a result of my actions referenced herein.

Signature _____

Date _____

If Under 18 yrs.

Parent Signature _____

*please make cheques payable to; C.V.R.R.

*please don't send cash in the mail