

Registration Form:

10K Interval Training Clinic

Name: _____

Phone #: () _____

Address: _____

City: _____ Postal Code: _____

Email: _____

Waiver:

I am aware that participating in running clinics is potentially hazardous. I attest that I am physically capable of, and that I am medically able to participate in the clinic which I have selected. I acknowledge that I, and I alone, am solely responsible for my personal health and safety, and the personal property I bring with me. I am aware of and expressly assume all risks associated with my participation in the clinic, including, without limitation, falls, contact with other participants, staff and objects, the effects of weather including high heat and/or humidity, traffic and the conditions of the streets and route used by the clinic and I assert that my participation in this clinic is voluntary. If I should suffer injury or illness, while participating in clinic activities, I authorize the clinic staff to use their discretion to administer first aid and/or have me transported to a medical facility, and I agree to take full responsibility for this action and to pay for the costs of any medical treatment.

Having read this waiver and knowing these facts and in consideration of Strides Running Store Inc. accepting my entry into the clinic, I hereby (for myself, my heirs, executors and administrators) waive all rights and claims for damages that I may have, or which may hereafter accrue to me, and release and indemnify, Strides Running Store Inc., its affiliates, directors, officers, employees, speakers, volunteers, sponsors, their representatives and successors from claims or liabilities or any kind arising out of my participation, even though that liability may arise out of negligence, recklessness or carelessness on the part of the entities or persons named in this waiver.

SIGNATURE:

DATE (DD/MM/YY)

(Parent/Guardian Signature if entrant under 18) Must be 16 years of age to participate.

10K INTERVAL TRAINING CLINIC



Starts Tuesday, January 12th

Get a head start on the 2010 racing season with this one-of-a-kind interval training clinic, designed to help you set a **10K Personal Best** and prepare you to excel throughout the spring season.

Enjoy training with other runners under the professional guidance of Strides Coach, **Heather Wiebe**

\$175 for 9 weeks

Store/Clinic Location: **3558 Garrison Gate SW**

(**New location** across from the Garrison Safeway)

Some training sessions will be held at the Olympic Oval at the U of C. Entrance and parking fees are extra.

Visit us at www.stridesrunning.com

Or call us at **403-240-4656** for more info or to sign up

Clinic Information:

Designed and professionally coached by Strides Coach, **Heather Wiebe**, this clinic will provide you with the training and information you need to meet and exceed your running goals. In addition to the training programs, all clinic participants will receive a Strides technical t-shirt and in-store discount for the duration of the clinic.

10K Interval Training Clinic – Winter 2010 – 9 weeks

Tuesday evenings at 6:30pm starting on January 12th. Some sessions will be held at the Olympic Oval. Entrance and parking fees will be extra.

Group long runs on Saturday mornings at 9:00am

- For runners looking to improve their performance or have reached a plateau in their training
- This clinic will centre around higher intensity training (hill repeats, track/interval workouts) rather than mileage
- A focus on proper biomechanics, strength/speed development and program design
- Discussions with experts on advanced topics including: macro & micro training cycles, race/distance specific training, race preparation (including mental preparedness), hydration & energy management and technical equipment
- It is strongly recommended that participants be able to run 10km before enrolling in this clinic
- Clinic goal: Optimal preparation to run a Personal Best time at the **St. Patrick's Day 10km Road Race** (March 13th)

Other Winter/Spring Clinics offered at Strides

If the 10K Interval Training Clinic does not suit your needs be sure to check out our other 2010 Winter/Spring Clinics!

Beginner Running Clinic - 8 weeks - Thursday evenings starting January 21st

Spring Marathon Clinic - 18 weeks - Wednesday evenings starting January 27th

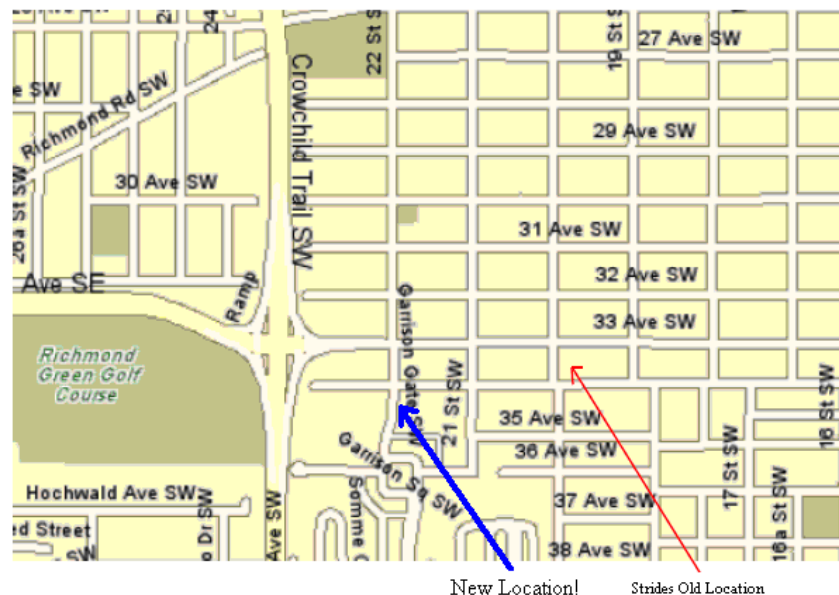
Goal races: St. Patrick's Day Road Race 5 & 10km (March 13th) and Calgary Marathon Race Weekend (May 30th)

More clinics to be added to the Spring '10 schedule. Visit website for details and updates. Please pick up brochures for these clinics - available at Strides Running Store or online at www.stridesrunning.com

Store Information:

Strides Running Store is your Calgary running and fitness source! We offer you quality products, exceptional service and expert advice! **Strides Running Store** is locally owned and operated. Our passion is running.

At **Strides Running Store**, our goal is simple – to encourage and facilitate people to pursue active lifestyles involving running or walking! Our experience and expertise helps us provide you with high quality instruction. From beginner runners to high performance athletes, we understand what it takes to provide you with a safe and enjoyable training experience, to ensure you reach your fitness goals. Whatever your running goals may be, we are here to share our experience and knowledge! Come visit us at **Strides Running Store** and join us for a clinic or group run; we'll *fit* your healthy lifestyle!!



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Website: www.stridesrunning.com

Phone: **403-240-4656**