



2012 LEARN TO RUN BEGINNER CLINICS

This introductory program teaches you the fundamentals of running, nutrition, stretching, injuries, goals, pacing ... & more!

9-Weeks for \$49.99 (inc. HST)

CLINIC START DATES

Monday, Jan 16	RF	6:15pm
Monday, April 16	RF	6:15pm
Saturday, April 21	NBW	8:30am
Monday, Sept 17	RF	6:15pm

Our beginner clinic will help make you fitter, stronger and healthier in a matter of 9 weeks. We will work together to ensure a safe, rewarding and fun journey to achieving shared goals. Following the weekly group run, instructors will offer in-depth talks addressing topics such as:

- Goal Setting • Shoes & Clothing • Stretching • Injury Prevention • Biomechanics of Running • Nutrition • Hot & Cold Weather Training • Heart Rate Training & Cross Training



- Training Manual
- Weekly group runs
- 15% Store discount for duration of clinic

phone 519.945.3786 / fax 519.945.3345



LEARN TO RUN 2012

LAST NAME

FIRST NAME

ADDRESS

CITY

PROV

POSTAL/ZIP CODE

PHONE

E-MAIL (please print)

9-Weeks for \$49.99 (inc. HST)

JAN 16

APRIL 16

APRIL 21

SEPT 17

METHOD OF PAYMENT

CASH

VISA

M/C

DEBIT

CARD #

EXPIRY DATE

SIGNATURE _____

WAIVER: In consideration of your acceptance of this entry, I, for myself, my heirs, executors, administrators and assigns, hereby waive, release and discharge any and all claims against THE RUNNING FACTORY, program sponsors, program instructors and their officers, directors, agents, successors, and/or assigns for any and all injuries suffered by me at this event. I attest and verify that I am physically fit and sufficiently trained for the competition of this program. I hereby grant permission for the free use of my name, and picture in any broadcast, brochure or account of this program.