

2012 MARATHON & HALF-MARATHON CLINIC



Joining the Running Factory Marathon & Half-Marathon Clinic will change your life forever! In just 16 weeks you'll get fitter, stronger and healthier. You'll meet runners with similar goals and realize a dream of a lifetime. Our clinic is about making the journey to the finish line safe, rewarding & fun. Before the weekly group run, instructors and special guests will offer insights and in-depth talks on the aspects of training.

Fall January 31st

Spring June 19th

Clinics on Tuesdays at 6:15pm

- ◆ Goal Setting ◆ Designing a running program ◆ Running shoes & what to wear ◆ Stretching ◆ Nutrition ◆ Hill training & Speed work ◆ Running form
- ◆ Injury prevention ◆ Heart Rate Training ◆ Mental Preparation

16-Weeks for \$69.99 (inc. HST)

- Training Manual
- Weekly group runs
- Guest speakers to educate & motivate
- 15% store discount for duration of clinic



OFFICIAL TRAINING SITE
FOR THE DETROIT FREE
PRESS MARATHON

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Windsor, ON
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e-mail

info@runningfactory.com
www.runningfactory.com



2012 MARATHON & HALF-MARATHON CLINIC

LAST NAME

FIRST NAME

ADDRESS

CITY

PROV

E-MAIL

PHONE

 - -

16-Weeks For \$69.99 (inc. HST)

JAN 31st JUNE 19th

METHOD OF PAYMENT

CASH CHEQUE 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