

Registration Form:

10k – ½ Marathon Clinic

Name: _____

Phone #: () _____

Address: _____

City: _____ Postal Code: _____

Email: _____

Goal Race: _____

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.

RUN YOUR 1ST 10K OR ½ MARATHON



Local world class runners have brought their experience and expertise together to design the **Strides Running Store Clinics** for you. Whether you want to start running, are an avid road runner or are somewhere in between, **Strides Running Store** has a clinic for you!!!

Clinic Starts Wednesday, January 27th

If you always wanted to run a 10k or Half Marathon, here's your chance! Envision yourself crossing the finish line as part of the Calgary Marathon Race Weekend on Sunday May 30, 2010

Enjoy training with other runners under the guidance of Strides Coach, **Bruce Druery**

Great Value - \$180 for 18 weeks

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

Visit us at www.stridesrunning.com

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

Clinic Information:

Designed and professionally coached by Strides Sales Associate, **Bruce Druery**, this clinic will provide you with the training and information you need to meet 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 – ½ Marathon Clinic – Winter/Spring 2010

Group workouts held Wednesday evenings at 6:30pm starting January 27th. Group long runs are on Saturday mornings. We will start at 9am early on in the program then move to 8am as we get into longer runs.

- Designed for first time 10k and Half Marathon runners.
- Includes an 18-week build-up program for optimal preparation
- Progressive program designed to allow participant to maximize enjoyment and potential
- Introduction to a variety of running topics (with guest speakers) including: pacing, running form, goal setting, cross training, injury prevention, equipment selection and nutrition
- Designed for runners looking to increase their distance gradually and comfortably.
- Clinic Goal: Ability to complete the race and reach personal goals on race day
- Goal Race: **Calgary Marathon Weekend 10k or Half Marathon** May 30, 2010.

Other Clinics offered at Strides

If this Clinic does not suit your needs, be sure to check out the other 2010 Winter/Spring Clinics!

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

10K Interval Training Clinic - 9 weeks - Tuesday evenings
starting January 12th (coached by Heather Wiebe)

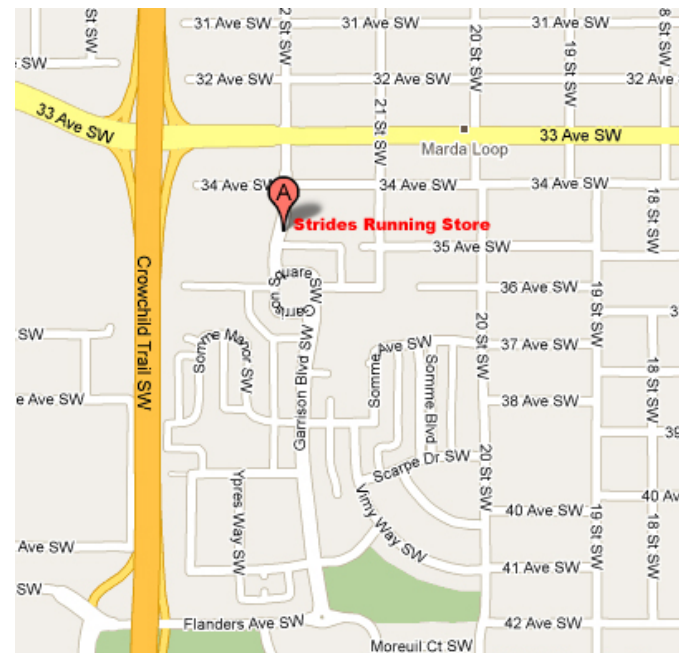
Goal races: **St. Patrick's Day Road Race** 5 & 10km (March 13th) and
Calgary Marathon Race Weekend (May 30th)

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: 240-4656