

# Fall Marathon & Half Marathon Clinic

*presented by*



This 19 week clinic will prepare you for either a Full or Half Marathon this fall, with a focus on Victoria, Kelowna, or the North Shore Half, all on October 7th, 2007. We will also have groups training for the New York and Honolulu Marathons.

- ⇒ June 10th — October 7th, 2007 (race day)
- ⇒ Speed sessions once a week included. Variety of strength & speed sessions designed to get your legs moving FASTER!
- ⇒ Weekly tempo runs during the week.
- ⇒ Maps & directions of all routes run provided via web on a weekly basis.
- ⇒ Variety of different routes from Kitsilano to North Vancouver so you will not be bored.
- ⇒ Support provided for long runs, including food, Gatorade, etc.
- ⇒ Custom clinic T-shirt included.
- ⇒ Clinic will fill up, so register now!

Marathon	- \$ 140.00	<input type="checkbox"/>
Half Marathon	- \$ 140.00	<input type="checkbox"/>
6 % GST	- \$ 8.40	
<b>Total Enclosed</b>	<b>- \$ 148.40</b>	
<b>Payment</b> Cheque Visa M/C Amex <i>Please make cheques payable to <b>North Shore Athletics</b></i>		
<b>Fax number - 604-990-1113</b>		
Card Number	Expiry _____	
Signature _____		

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Gender M F  
 Address \_\_\_\_\_ City \_\_\_\_\_ Prov \_\_\_\_\_  
 Postal Code \_\_\_\_\_ Phone \_\_\_\_\_ Size S M L XL  
 Age \_\_\_\_\_ Birth date (mm/dd/yyyy) \_\_\_\_\_  
 Email \_\_\_\_\_

***Athlete Release & Waiver (must be signed)***

In consideration of your acceptance of this entry, I hereby for myself, executors, administrators, and personal representatives release the organizers of these events, their agents and volunteers and the event's sponsors from all liability, and I waive, as against the organizers, agents, volunteers and sponsors, all claims whatsoever that I might have for personal injuries, death, property losses, or property damage suffered by participating in these events.

\_\_\_\_\_  
 Signature (Parent/Legal Guardian if athlete is under 19 years of age)

\_\_\_\_\_  
 Date (mm/dd/yyyy)

Forms can be dropped off at

**North Shore Athletics**  
 101-1200 Lonsdale  
 North Van

# PAR-Q & YOU

(A Questionnaire for People Aged 15 to 69)

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly: check YES or NO.

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	1. <b>Has your doctor ever said that you have a heart condition <u>and</u> that you should only do physical activity recommended by a doctor?</b>
<input type="checkbox"/>	<input type="checkbox"/>	2. <b>Do you feel pain in your chest when you do physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	3. <b>In the past month, have you had chest pain when you were not doing physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	4. <b>Do you lose your balance because of dizziness or do you ever lose consciousness?</b>
<input type="checkbox"/>	<input type="checkbox"/>	5. <b>Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?</b>
<input type="checkbox"/>	<input type="checkbox"/>	6. <b>Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?</b>
<input type="checkbox"/>	<input type="checkbox"/>	7. <b>Do you know of <u>any other reason</u> why you should not do physical activity?</b>

If  
you  
answered

## YES to one or more questions

Talk with your doctor by phone or in person BEFORE you start becoming much more physically active or BEFORE you have a fitness appraisal. Tell your doctor about the PAR-Q and which questions you answered YES.

- You may be able to do any activity you want — as long as you start slowly and build up gradually. Or, you may need to restrict your activities to those which are safe for you. Talk with your doctor about the kinds of activities you wish to participate in and follow his/her advice.
- Find out which community programs are safe and helpful for you.

## NO to all questions

If you answered NO honestly to all PAR-Q questions, you can be reasonably sure that you can:

- start becoming much more physically active — begin slowly and build up gradually. This is the safest and easiest way to go.
- take part in a fitness appraisal — this is an excellent way to determine your basic fitness so that you can plan the best way for you to live actively. It is also highly recommended that you have your blood pressure evaluated. If your reading is over 144/94, talk with your doctor before you start becoming much more physically active.

### DELAY BECOMING MUCH MORE ACTIVE:

- if you are not feeling well because of a temporary illness such as a cold or a fever — wait until you feel better; or
- if you are or may be pregnant — talk to your doctor before you start becoming more active.

**PLEASE NOTE:** If your health changes so that you then answer YES to any of the above questions, tell your fitness or health professional. Ask whether you should change your physical activity plan.

**Informed Use of the PAR-Q:** The Canadian Society for Exercise Physiology, Health Canada, and their agents assume no liability for persons who undertake physical activity, and if in doubt after completing this questionnaire, consult your doctor prior to physical activity.

**No changes permitted. You are encouraged to photocopy the PAR-Q but only if you use the entire form.**

NOTE: If the PAR-Q is being given to a person before he or she participates in a physical activity program or a fitness appraisal, this section may be used for legal or administrative purposes.

"I have read, understood and completed this questionnaire. Any questions I had were answered to my full satisfaction."

NAME \_\_\_\_\_

SIGNATURE \_\_\_\_\_

DATE \_\_\_\_\_

SIGNATURE OF PARENT \_\_\_\_\_

WITNESS \_\_\_\_\_

or GUARDIAN (for participants under the age of majority)

**Note: This physical activity clearance is valid for a maximum of 12 months from the date it is completed and becomes invalid if your condition changes so that you would answer YES to any of the seven questions.**

