



## Spring 2008 Run Clinics

www.northshoreathletics.com - 604-990-6888

#101-1200 Lonsdale Ave.  
North Vancouver, BC  
Canada  
V7M 3H6

### **Tuesday Night Clinics**

January 8th, 2008 to April 15th, 2008

Tuesdays at North Shore Athletics, 6:30pm (workout)

Thursdays at North Shore Athletics, 6:30pm (optional tempo)

### **Walk/Run Intro**

- The goal of this clinic is to take you from little or no running experience to completing a 5km run.

### **Walk/Run Advanced**

- The goal of this clinic is to take you from little or no running experience to completing a 10km run.

### **Intro to Running**

- Designed for someone who has completed a walk/jog program or used to run and is getting back into it. Light, introductory workouts and training philosophies will be introduced in this clinic.

### **Intermediate Clinic**

- Introduction to structured speed workouts which are designed to improve your time in a 5km or 10km race. This clinic is offered for those who have a few years of running experience and want to push the envelope with hill workouts, track sessions, and speed drills to compliment their current training program.

### **Run Faster Clinic**

- This unique clinic is geared for the runner who already has years of experience and is looking to develop their speed with more intense track workouts, hills, and specific strength drills. Innovatively lead, this arduous clinic will test the runner's strength and endurance to the maximum.

*All clinic members are welcome to join in on Thursday night tempo runs at 6:30pm*

### **MORE INFO - northshoreathletics.com**

#### **Fees** (please check one)

Walk/Run Intro	- \$70.00	_____
Walk/Run Adv.	- \$70.00	_____
Intro to Running	- \$70.00	_____
Intermediate	- \$70.00	_____
Run Faster	- \$70.00	_____

5% GST - \$3.50

**Total Enclosed \$ 73.50**

**Payment** Cheque Visa M/C Amex

*Please make cheques payable to North*

**Shore Athletics**

**Fax number - 604-990-1113**

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