

Registration

Complete and return with payment to:

The Right Shoe
1601 West 4th Av
Vancouver, BC V6J 1L3
t: 604.737.6014
f: 604.737.6984

NAME

ADDRESS

CITY

POSTAL CODE

PHONE (H)

PHONE (W)

FAX

EMAIL

DAY / MONTH / YEAR

BIRTHDATE

I understand that participation in the above workshop may involve some risk of injury, loss or damage to myself or others. In exchange for being allowed to participate in the workshop, and intending to be legally bound by my signature below, on behalf of myself, my heirs and all my family members, I hereby forever, release and discharge, and will hereafter hold harmless, The Right Shoe Company Ltd, its agents and employees, and all volunteers, run leaders and sponsors associated with the workshop, from and against all claims or causes of action of every type whatsoever (including negligence) which, but for the execution of this release, I might otherwise have had on account of any injury, loss or damage incurred by me or any other person as a result of or in any way arising from my participation in the workshop.

SIGNATURE

DAY / MONTH / YEAR

DATE



1601 West 4th Avenue (at Fir St.)
Vancouver, BC V6J 1L8
t: 604-737-6014 f: 604-732-6984
info@therightshoe.ca
www.therightshoe.ca



Marathon and 1/2 Marathon RunClinic

Sundays at 9 AM
June 8–Oct 12

Your clinic coordinator

Lara Penno

B.Sc. Exercise Science

ACE certified personal trainer

Marathon PB 3:20

\$175 (including GST) for 19 weeks

4.2 mi

30'27" 31

run fast.

run strong.

run smart.



Marathon and 1/2 Marathon RunClinic

Presented by Nike

Sundays at 9 AM
June 8–Oct 12

Register now
604-737-6014

Long Run Schedule

| Run Dates | Workout Marathon/Half-Marathon | Details |
|-----------|-----------------------------------|--------------------------------------|
| Jun 8 | 45 min | Introduction and Information Session |
| Jun 15 | 1:30/0:50 | |
| Jun 22 | 1:40/0:60 | Meet at NRL (Nike Runner's Lounge) |
| Jun 29 | 1:15/45min | Recovery week: Run on own |
| Jul 6 | 1:50/1:10 | |
| Jul 13 | 2:00/1:20 | |
| Jul 19* | 1:30 (10K Race)* | Summerfast 10K Race *SATURDAY |
| Jul 27 | 2:15/1:30 | |
| Aug 3 | 1:30/1:00 | Recovery week: Run on own |
| Aug 10 | 2:30/1:40 | |
| Aug 17 | 2:45/1:50 | Meet at NRL (Nike Runner's Lounge) |
| Aug 24 | 3:00/2:00 | |
| Aug 31 | 1:30/1:00 | Recovery week: Run on own |
| Sep 7 | 3:20/2:10 | Long run + Coho 14k race finish |
| Sep 14 | 2:00/1:20 | Meet at NRL (Nike Runner's Lounge) |
| Sep 21 | 3:40/2:20 | Last long run: Marathon taper starts |
| Sep 28 | 1:30 (10K Race) | In Clinic 10K |
| Oct 5 | 1:00/1:00 | |
| Sep 28 | Race Day! | Race Day! |

- All marathon clinic runners must be able to run 90 minutes at a 10-11 minute/mile pace to start and 1/2 marathon clinic runners must be able to run 45 minutes.
- Most runs start and finish from The Right Shoe or the Nike Runners Lounge (NRL)
- Water/fluid replacement is mandatory for all runners to carry for long runs.
- A commitment to run a minimum of 3-4 days a week is necessary to complete a successful and safe race.
- Participants should have a running base of 3 days a week prior to starting the clinic

"The Right Shoe clinic is fun and informative—Lara's program helps you run faster by running smarter. The weekly runs focus on different aspects of efficient running, and the relaxed and supportive atmosphere helps get you through the tougher workouts – it's easier to run hard when you're having fun." –Tim Collins

This clinic is designed to prepare runners for a fall marathon or 1/2 marathon in 2008. We will meet on Sunday mornings for a weekly long run, the staple workout in any effective long distance running program. The pace is geared towards runners aiming for a 3:15 to a 4:15 hour marathon or a 1:30 to 2:15 half marathon. We run relaxed and easy, focusing mostly on building endurance. Additionally, all runners are eligible to join the Right Shoe Tuesday night run clinic throughout the winter for an intensity workout to build speed and strength.

What sets our clinic apart is the individual attention given to each runner. As well, a comprehensive training program is provided to safely and successfully guide each participant towards his or her running goal. The Right Shoe clinics are also sponsored by Nike, which gives us access to the Nike Runners Lounge in Coal Harbour. The Lounge has renew, rebuild, reconnect, retool and refuel areas featuring massages, smoothies, shower access, free playlist downloads, product trials and stretching mats.

We all know how hard it can be to do long runs alone. With a group, you'll benefit from the camaraderie and support. Plus, you'll discover new running routes and learn proper pacing.

Registration Includes:

- VIP discount (15%) at The Right Shoe
- Nike Runners Lounge (NRL) exclusive access for several long runs
- 19 weeks of coaching
- Complete training program
- Heart rate training and nutrition guidance for running
- Free entry to The Right Shoe Tuesday night run clinic
- End of clinic party



Free parking is located behind the store.