

Curb Ivanic's Core Running Clinic

Tuesdays at 6:30 - 7:30pm

July 13 – September 28, 2010

This 12 week clinic is designed for runners who want to have fun and at the same time improve their running. At the end of the clinic participants will be running stronger, more efficiently and with less chance of injury. Topics covered in the clinic will be optimal running technique, strength training, core training, mobility and flexibility, plyometrics, proper speed work, effective hill drills and much more. Each week will cover a different topic and will include not only the theory behind the topic but the opportunity to work out using innovative running drills designed to develop better techniques.

Participants will receive handouts and Curb's Core Running DVD, valued at \$37 USD.

About Curb

Curb Ivanic is a strength and conditioning coach as well a runner himself. Along with a Master's degree in Exercise Science, Curb has over 10 years experience working with runners of all levels. He has competed in races from 5km to ultramarathon distance.

Registration for the 12 week clinic:

\$150 per person

\$175 for 2010 Summer Half Marathon Clinic participants

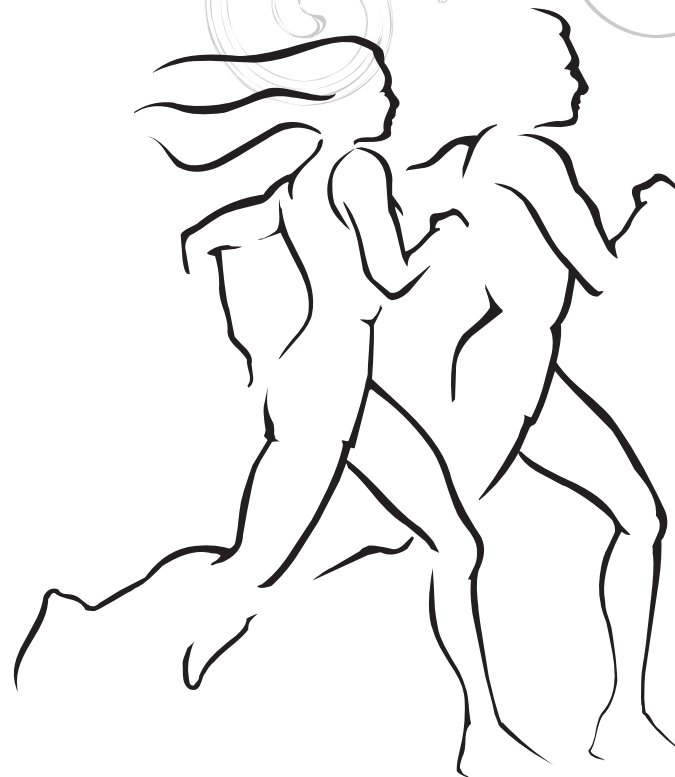
Meet at:

6:30 pm

The Run Inn Kerrisdale
2236 West 41st Avenue
Vancouver, BC
604.267.7866
carly@runinn.com
info@corerunning.com

The Run Inn Kerrisdale Summer Running Clinics

July - August 2010



The Run Inn Kerrisdale
2236 west 41st Avenue
Vancouver, BC V6M 1Z8
604.267.RUNN (7866)
www.runinn.com

Thursday Evening Trail Runs

Thursdays at 6:30pm

July 8 - August 26, 2010

- Maintain your running fitness over the summer
- Each week participants will meet at Southlands School and head off for a 40-50 minute run through the cool, shady trails of Pacific Spirit Park
- Participants must be able to run at least 30 minutes
- Participants should bring a water bottle to the runs

Meet at:

**Southlands Elementary School
5351 Camosun Street
Vancouver, BC
\$2.00 Drop in**

Thursday Evening Track Workouts

Thursdays at 6:30pm

July 8 - August 26, 2010

- Improve your running speed over the summer
- Join other runners for a weekly track workout designed to improve your running speed
- Participants must be able to run at least 30 minutes
- Participants should bring a water bottle to the workouts

Meet at:

**Point Grey High School Track
5350 East Boulevard
Vancouver, BC
\$2.00 Drop in**

2010 Summer Half Marathon Training Clinic

Saturday, July 3 - October 9, 2010

- Train for the **Royal Victoria Half Marathon** in the company and camaraderie of others
- Participants should be able to run 50 minutes continuously before joining
- No drop ins for the summer clinic

The Summer Half Marathon Clinic offers:

- Pace groups to suit a variety of running abilities
- Experienced group leaders
- Saturday long runs on a variety of road and trail routes around Vancouver
- Monday evening tempo runs
- Thursday evening speed training sessions
- New Balance registration gift
- Discounted registration in the 12 week Core Running Camp

Registration Fee:

**\$175 for Summer Half Marathon and the
12 week Core Running Clinic.
\$100 for Summer Half Marathon Clinic only**

