

Waiver (Must be signed)

& Safety Rules

- Run/Walk at your own risk.
- Wear reflective clothing at all times.
- Obey all traffic rules:
 - Cross at recognized pedestrian crossings
 - Stay on the sidewalk if possible, otherwise run/walk facing traffic as close to the curb as possible
- Run/Walk with a buddy
- Run/Walk in a pace group that is compatible with your abilities and fitness level. Do not be left behind
- Always start running/walking at an easy pace to warm up tight muscles
- Never run/walk with a fever or illness
- Do not run with an injury. Train, not strain
- Consult a physician before starting an exercise program
- All clinic participants must complete a membership form/waiver
- All injuries should be reported to a physician, so that proper treatment is taken, along with preventative steps to limit future injury.

In consideration of your accepting my participation in The Run Inn Clinics and any other related events, I hereby, for myself, my heirs, executors, administrators and assigns, waive, release and hold harmless The Run Inn Clinic, together with and as agent for their directors, officers, employees, representatives, agents, volunteers, group leaders and member ("the Releasees") from any and all liability for death and/or injury to person and/or property which may have been contributed to or accessioned by the negligence of the aforesaid Releasees or any of them. I acknowledge that I have read and understand and agree to abide by the above Rules and Waiver agreement.

Dated: _____

Runner's or Walker's Signature
(Parents Signature if under 19)

The RunInn Tuesday Evening Clinics

Tuesdays at 6:30pm
July 6 - August 24, 2010

\$30 - 8 weeks of clinics

\$4 - Drop-in

- Groups include a Nordic Walking program, Walking Program, a Learn to Run program, 10km Group and pace groups starting at 10:00/mile up to 7:30/mile

- Each group has a leader to set the training pace and to offer training advice.

The RunInn Delta Summer Tuesday Evening Clinic

July 6 – August 24, 2010



The RunInn Delta

1212b 56th
Street Delta, BC
ph 604.943.4661
www.runinn.com

Introduction

The RunInn Delta offers a variety of clinics every Tuesday evening starting at 6:30pm. There is something for everyone. We have a Nordic Walking Group, a Walking Group, a Learn to Run Group and a variety of Pace Groups. Whether you are just a beginner or have been running for years, come and join us!

Groups

Nordic Walking/ Walking:

This program is designed for anyone interested in learning about Nordic walking. We will have a certified leader and we will rent walking poles for anyone who needs them.

- Pole rental will be:
\$5 per session

Learn to Run:

This program is designed for the beginner runner or the runner who is coming back to running. This is a 12 week program that starts out with a 1 min. run and a 4 min. walk and then gradually increases to a 30 min. non-stop run. The goal is to complete a 5km fun run.

10K:

Gradually run your way up to a 10K distance. Perfect for those who have completed the Run/Walk or those who want to train for The Sun Run.

Pace Groups:

These groups are designed for the individual who wants to complement their training with a speed workout. Pace groups start at 10:00/mile and increase in speed to 7:30/mile. Strength and pacing is the main focus for these groups.

Tuesday Evening Pace Groups

Tuesdays at 6:30pm

July 6 - August 24, 2010

July 6 - Interval workout

July 13 - Fred Gingell Workout
(meet at park)

July 20 - 40/20 workout

July 27 - Deas Island Park Fartlek
(meet at park)

Aug 3 - 800's

Aug 10 - Diefenbaker Workout
(meet at park)

Aug 17 - 300M workout

Aug 24 - Centennial Beach Workout +
Picnic

The RunInn Registration Form

Name: _____

Address: _____

City: _____ Postal Code: _____

Phone: _____

Email: _____

Do you wish to receive the monthly RunInn newsletter?

Yes

No

Emergency Contact: _____

Emergency Contact

Phone#: _____

Registering for:

- Tuesday Evening Drop-In
- Tuesday Evening Full Clinic

How did you hear about our clinics?

- newspaper word of mouth
- in-store email
- newsletter other: _____

