

# Collingwood Running Clinic

Running is one of Canada's fastest growing sports. Our Learn-to-Run program is designed for people with **little or no previous running experience**. The clinics are sociable, educational and fun. Over an eight-week period we gradually build you up to become a 5 Km runner while teaching you the theory of proper running technique.



Start date: **Tuesday April 26th at 6:30 pm**  
Meet at: **Hitchcock Chiropractic Clinic**  
**34 Saint Marie Street**

## *Learn-To-Run Clinic*

**Early Bird Fee** (Before April 21st) **\$70** full fee \$85

Clinic runs for 8 sessions

Starts Tuesday April 26th 2011

Must be able to walk 30 minutes without difficulties

This Clinic will end with a 5km Fun Run!!

**Coached by: Ruth Hitchcock**

### Fees for clinics Include:

- ✓ Weekly Homework and Training Program
- ✓ Personal training log
- ✓ Inner Scan at start and end of Clinic (Body Composition Analysis)
- ✓ Unlimited email support
- ✓ Workshops with guest speakers about:
  - Goal Setting
  - Nutrition for Running
  - Biomechanics and Running Injuries
  - Conditioning and Strengthening for Running
- ✓ Running Gift upon Successful Completion of the Running Clinic
- ✓ Personal Individualized Running Program at Completion Of Clinic

**For more information and registration**  
**[www.runrunrun.ca](http://www.runrunrun.ca)**