

## FILA Clinic Descriptions

### Beginner Running—\$69.98

This clinic is designed for the true beginner runner or someone coming back from an injury or 6 months or more away from running. The clinic includes our highly successful “gentle steps” training schedule, 12 weeks of training and a small-sized training group for more personal attention.

### The Marathon—\$98.98

Challenge one of humanity’s ultimate physical tests of endurance. Training with us will expose you to the most unique marathon clinic around: including high quality training sessions, varied endurance sessions, and an unsurpassed rate of completion record!

### The Half Marathon—\$89.98

Let us get you fully trained, stylishly clothed, and ready to challenge running the world’s most popular race distance. Our goal race is the Vancouver International Half Marathon. Our training is like no other with unique endurance sessions, expertly coached technical sessions, and size limits to ensure adequate personal attention.

### Peak Conditioning—\$89.98

This clinic is not for novices but is for anyone who wants to run better than they ever have before. We provide a personalized training schedule based on individual racing or training goals, several certified coaches for variety in styles, and a participant limit of 20 to ensure maximum individual attention.

### Summer Prep—\$69.98

This 10 week clinic is for fairly new or novice runners who want to improve their form and speed and gain maximum health benefit from their running. What better way to enjoy summer than to arrive fit? Get ready to enjoy running!

*“Bite off more than you can  
chew, then chew it”*

—Anonymous

## Clinic Features

To help you reach your goals, our clinics provide the following:

- FILA Technical training garment (so you look great and feel comfortable while working hard!) Valued at \$50! You will love the FILA clothing!
- Expert guest speakers and coaches covering topics including: nutrition, injury, motivation, stretching, peaking, racing, and other must-know performance stuff
- Unique training programs based on cutting edge research on training outcomes and top performance designed with your success in mind—our success rate is VERY high!
- Unlimited support and guidance at weekly run sessions with certified coaches
- Clinic discounts at any Rackets & Runners store (no extra charge for our unbeatable service!)

### FREE Run Club

Our Run Club gathers on Wednesday evenings at 6:30pm at all store locations.

Training sessions include the option of a high quality technical session led by certified coaches or a casual 5–10km run.

# FILA CLINICS

at  **rackets & runners**  
vancouver • burnaby • west van

## 2006

## WINTER AND SPRING TRAINING SCHEDULE



**CLINIC HOTLINE**  
**604-720-8534**

[info@racketsandrillers.ca](mailto:info@racketsandrillers.ca)

 **rackets & runners**  
vancouver • burnaby • west van

# FILA Clinic Dates and Times ...

## Burnaby Location

3997 Hastings Street (Burnaby Heights)  
Phone: 604-291-7900

### Beginner Running

6:30pm Mondays, January 9th – March 27th

### The Half Marathon

8:30am Saturdays, January 14th – May 6th

### Beginner Running

6:30pm Mondays, April 3rd – June 5th

### Summer Prep

6:30pm Thursdays, April 6th – June 8th

## West Vancouver Location

1409 Bellevue Avenue (near Ambleside Park)  
Phone: 604-913-1700

### Beginner Running

6:30pm Mondays, January 9th – March 27th

### The Half Marathon

8:30am Saturdays, January 14th – May 6th

### Beginner Running

6:30pm Mondays, April 3rd – June 5th

## Vancouver Location

3880 Oak Street (at 23rd Avenue)  
Phone: 604-733-9211

### Beginner Running

6:30pm Thursdays, January 12th – March 30th

### The Marathon

8:30am Saturdays, January 14th – May 6th

### The Half Marathon

8:30am Saturdays, January 14th – May 6th

### Peak Conditioning

6:30pm Mondays, January 9th – \*March 27th

*\*End date is dependent on participant's racing goals and may go past the date indicated above.*

### Summer Prep

6:30pm Mondays, April 3rd – June 5th

### Beginner Running

6:30pm Thursdays, April 6th – June 8th

## Clinics At a Glance

CLINIC	DAY & TIME	START DATE	BBY	VAN	WEST VAN
Beginner	Mon-6:30pm	January 9	●		●
PEAK	Mon-6:30pm	January 9		●	
Beginner	Thu-6:30pm	January 12		●	
Marathon	Sat-8:30pm	January 14		●	
Half Marathon	Sat-8:30pm	January 14	●	●	●
Beginner	Mon-6:30pm	April 3	●		●
Summer Prep	Mon-6:30pm	April 3		●	
Summer Prep	Thu-6:30pm	April 6	●		
Beginner	Thu-6:30pm	April 6		●	
Run Club	Wed-6:30pm	Year Round	●	●	●

## Clinic Hotline

# 604-720-8534

info@racketsandrillers.ca  
www.racketsandrillers.ca



## Rackets & Runners FILA Clinic Winter/Spring 2006

Clinic name: \_\_\_\_\_

Location: \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

City/Prov/Postal \_\_\_\_\_

Tel. \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_  Male  Female

Shirt size: Mens  S  M  L  XL

Womens  XS  S  M  L  XL

Emergency Contact \_\_\_\_\_

Emergency Contact Tel. \_\_\_\_\_

Beginner Running.....\$69.98 Subtotal \_\_\_\_\_

The Marathon.....\$98.98 GST 7% \_\_\_\_\_

The Half Marathon.....\$89.98

Peak Conditioning.....\$89.98

Summer Prep.....\$69.98 **TOTAL** \_\_\_\_\_

Method of payment:  Cheque  VISA  MC

Card # \_\_\_\_\_ Expiry \_\_\_\_\_

Name on card \_\_\_\_\_

### Release & Waiver

I am 19 years of age or older. I know that fitness clinics and running events have potentially hazardous activities associated with them. I know that I should participate in this clinic only with prior approval by my physician. I assume any and all risks associated with this clinic included but not limited to falls, contact with other participants, the effects of weather, the conditions of the roads, traffic issues, and I acknowledge that all such risks are known and appreciated by me. Knowing these facts, in consideration of Rackets & Runners, clinic and/or event sponsors, volunteers and organizers and administrators, waive any release any and all rights and claims for damages sustained by me as a result of this clinic and any events included in this clinic, for any cause whatsoever, including negligence. It is expressly understood by the undersigned that this clinic and associated events are entered into at the sole risk of the undersigned and that the organizers and sponsors of clinic and events are exempt from liability for any and all damages sustained and any and all injury and loss, including personal and property loss arising from any cause whatsoever, including negligence. I understand that there are no refunds available once I have signed up for this clinic. I hereby acknowledge having read this release and waiver and I understand and accept its terms.

Signature \_\_\_\_\_

Date \_\_\_\_\_