

PERSONAL DATA (TO BE COMPLETED BY THE ATHLETE)

Full Name _____

Male Female Date of Birth _____ / _____ / _____
MM DD YYYY

Address _____

City _____ Province _____ Postal Code _____

Telephone _____ Email _____

Club _____

Experience _____

T-shirt Size: XXL XL L M S

FEES PAYABLE:

BC Athletics Member..... \$175.00

2004 BC Athletics # _____

Non-BC Athletics Member..... \$195.00

Receipt Required? Yes No

Payment Information:

Cash Cheque Money Order

PARTICIPATION DISCLAIMER

I, _____, acknowledge that I have voluntarily elected to participate in the Marathon Training Clinic, in association with Metro Athletic Club and its program director Carey Nelson.

I am aware that participation in the clinics will require me to engage in many vigorous physical activities. I am voluntarily participating in these activities with the knowledge that there are risks involved. I hereby assume all risks and hazards incidental to such participation and agree to accept any and all risk of injury and/or death as a result of my participation in these routines.

I have carefully read this agreement before executing it and acknowledge that I am signing this document voluntarily and with the full intent of releasing Metro Athletic Club and Carey Nelson from any and all claims arising as a result of my participation in the routines.

Signature _____

Signature _____
(Parent/ Guardian – if under 19 years of age)

Date _____
(month/day/year)

A marathon is 26.2 miles long, which is generally considered too physically demanding for untrained people to complete. But for adults who are up for the challenge of a marathon, six to seven months of training are needed in order to prepare for race day.

INTRODUCTION

This marathon training clinic is for recreational runners wanting to train and compete in the upcoming 2005 Vancouver International Marathon, May 1, 2005. This clinic offers a shift in traditional marathon training, as our approach will focus on the development of an athlete's consistent or average race pace rather than the accumulation of total volume of mileage per week.

With the increase in speed, strength and endurance, you will have newfound confidence that comes from pushing yourself farther than you ever thought possible. This program is designed for runners that are confident in running a 10km consistently under 60 minutes, are currently injury free (or not suffering from chronic long term injuries) and want to train towards completing their first marathon. This marathon training clinic will focus on the development of your cardio by training once per week in a group setting.

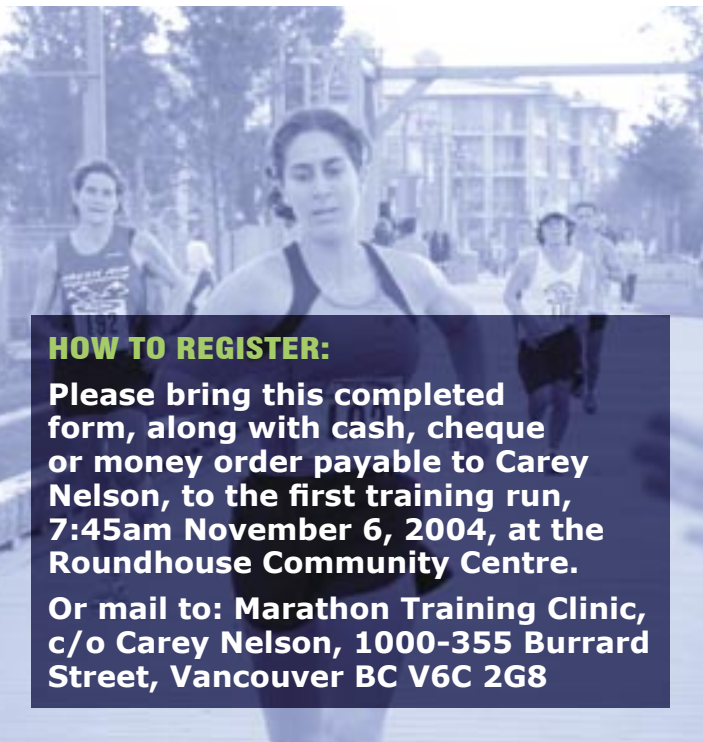
MAIN GOALS

- To get you to the start line healthy and ready to complete a marathon;
- To educate beginner runners about the myth of overtraining in preparation for running a marathon;
- To provide an experienced mentorship program to help you train for and compete in your marathon.

HOW TO REGISTER:

Please bring this completed form, along with cash, cheque or money order payable to Carey Nelson, to the first training run, 7:45am November 6, 2004, at the Roundhouse Community Centre.

Or mail to: Marathon Training Clinic, c/o Carey Nelson, 1000-355 Burrard Street, Vancouver BC V6C 2G8



WHEN YOU SIGN UP, YOU WILL RECEIVE...

- 6 months exclusive training for ONLY \$195.00!
- A customized microfibre "Marathon Training Clinic" shirt (\$40 value)
- Registration for the Vancouver International Marathon May 1, 2005 (\$70 value—including your 2005 Vancouver Marathon Commemorative Shirt)
- Adult recreation membership within BC Athletics—valid for entry in sanctioned Road Races throughout Canada (\$35 value)
- Monthly Saturday morning seminars—½ hour to an hour presentations
- Free associate membership to Metro Athletic Club (optional)
- Group support and mentorship (priceless).

REGISTRATION & FIRST TRAINING RUN

When: November 6, 2004, 7:45am
Where: The Roundhouse Community Centre on Pacific Boulevard and Roundhouse Mews

CONTACT INFORMATION:

Carey Nelson: (604) 571-0203
Email: carey@metroathleticclub.com
Website: www.metroathleticclub.com



The program is led by Carey Nelson, former Canadian National Team Member and Olympian and a leading marathon authority in British Columbia. Carey has run competitively for Canada over 20 times, including in the '88 and '96 Olympics, in the 5,000 metre and marathon runs, respectively. He also won the '91 Houston Marathon in 2:12:28. Author of "The Five Easy Steps to Heart Rate Monitor Running".

"Training for a marathon is a personal development opportunity. You will test your mind, body and spirit on race day. With my revolutionary training program you will be ready even though I will ask you to train as little as once per week. You can expect fewer injury problems and less fatigue, which will allow you to reach the start line feeling fresh and ready to run." —Carey Nelson

DESCRIPTION

Each Saturday morning at 7:45 am from November 6, 2004 leading up to the weekend of the Vancouver International Marathon, the training clinic will meet at various locations in and around downtown Vancouver. Please contact Carey prior to each training session for session-specific details.

Rain or Shine...We'll see you there!



METRO
 ATHLETIC CLUB

MARATHON

TRAINING CLINIC



**NOVEMBER 6, 2004 TO
 MAY 1, 2005**

LED BY CAREY NELSON
FORMER OLYMPIAN & CANADIAN
NATIONAL TEAM MEMBER AND A
LEADING MARATHON AUTHORITY
IN BRITISH COLUMBIA