

Registration Form – Run To Footstock

Preparing for the 5K and 10K races

Name: _____

Phone #: _____

Email: _____

Address: _____

_____ Postal Code: _____

Goal Time: _____ Current Weekly Training: _____

Waiver

I am aware that participating in running clinics is potentially hazardous. I attest that I am physically capable of, and that I am medically able to participate in the clinic which I have selected. I acknowledge that I, and I alone, am solely responsible for my personal health and safety, and the personal property I bring with me. I am aware of and expressly assume all risks associated with my participation in the clinic, including, without limitation, falls, contact with other participants, volunteers and objects, the effects of weather including high heat and/or humidity, traffic and the conditions of the streets and routes used by the clinic and I assert my participation in this clinic is voluntary. If I should suffer injury or illness, while participating in clinic activities, I authorize clinic volunteers to use their discretion to administer first aid and/or have me transported to a medical facility, and I agree to take full responsibility for this action and to pay for the costs of any medical treatment.

Having read this waiver and knowing these facts and in consideration of the Red Rock Running and Tri Club accepting my entry into the clinic, I hereby (for myself, my heirs, executors and administrators) waive all rights and claims for damages that I may have, or which may hereinafter accrue to me, and release and indemnify, the Red Rock Running and Tri Club, its affiliates, directors, officers, volunteers, speakers, sponsors, their representatives and successors from claims or liabilities of any kind arising out of my participation, even though that liability may arise out of negligence, recklessness or carelessness on the part of the entities or persons named in the waiver.

SIGNATURE:

DATE: DD.MM/YY

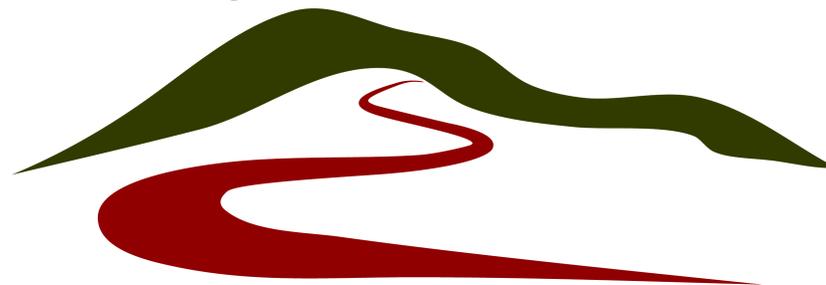
Participant must be over 18

Mail registration form to:

RedRock Runners, Box 8010, Cochrane, AB, T4C 1X0

Run To Footstock

Preparing for the 5K and 10K races



*Red Rock Runners
Cochrane*

Starts Wednesday 21st March 2018

Whatever your time goal, training for Footstock is more enjoyable when training with a group of like minded runners

\$50 for 11 weeks

Includes club membership for 2018

Clinic Location: **Cochrane**

<http://redrockrunners.com/RunningClinic>

Clinic Information

Designed and lead by longtime runner Pete McBreen, this clinic will provide you with the training and information you need to enjoy your preparation for the Footstock race weekend. With 11 weeks of three group training sessions every week, this clinic provides you a progressive training program to get you ready for Footstock 5K or 10K on June 2nd 2018.

Clinic starts Wednesday 21st March 2018

- Short discussion followed by training session Wednesday evenings at 6:30PM
- Group long runs on Saturday Mornings at 8:30AM
- Group training session Monday evenings at 6:30PM

Weekly Discussions

We start each week with a short discussion about the purpose of the training in the coming week and how everyone is responding to the previous week's training. The run leaders will use these discussions to help participants adjust and adapt the training to the particular needs of each participant.

These discussions we will also cover running gear and shoes, core and strength training, injury prevention, nutrition, trail running, running form, pacing, the need for warm-up, cool down and running drills. Later on we will talk about race preparation, running after Footstock, year round running and feasible race goals.

Preparing for the Clinic

Prior to starting the clinic, participants must become active, able to comfortably do three, 30 minute walks every week. While it might be possible to do this clinic right off the couch, you will be more successful if you are active before the clinic starts.

Remember to sign up for the Footstock race early, as your race entry is not included with the clinic fee.

Red Rock Runners Club

Named after the red shale paths in the town of Cochrane, the club was formed in 2001 as a social running group. The club has put on running clinics most years since it was formed, and a large proportion of the club membership have participated in running clinics in various locations.

Although primarily a social running group, some members race over all distances from indoor track 1,000 meter races up to ultramarathons and 24 hour trail races like the Death Race. Most members are happy to run socially 8 to 12km on the paths around Cochrane.

Program Leader – Pete McBreen

Pete started training for running in 1976 and through the years he has raced over all distances from 200m up to a half marathon. Pete was a founder member of the Red Rock Runners Club and has lead many training groups over his 40 years of running.

Clinic Training Principles

- Aim of all training is to be fit for the next session
- Train easy so you are not stiff and sore the next day
- Occasional heavy breathing is good for you
- Strength before speed
- Practice running at many different paces
- Never race in training, save it for races
- Consistent running makes it easier
- Progressive training gets you fitter
- Remember to play on the hills
- If you are not enjoying running you are doing it wrong