

# Summer 2008 ROAD RUNNING PERFORMANCE CLINIC

## WHEN

- 20 consecutive Wednesday nights starting May 7, 2008 at 6:00 p.m. through to September 17, 2008
- Drop-in: on any of the above dates

## WHERE

- Brockton Oval, Stanley Park

## FOR

- Runners who wish to improve their running fitness level and their performance. Each runner will train in a small group with a run leader, under the direction of the clinic professional coach, John Hill.
- This clinic is for runners already comfortable at running 25 to 30 miles per week. Pace does not matter, whether you are a 5 minute miler or a 10 minute miler.



*John Hill is a member of the BC Athletics Hall of Fame and winner of the Vancouver International Marathon in 1978. PR: 2:18 for the marathon and 29.22 for 10 km (on the track). Experienced and fully certified Level 2 coach of elite and recreational athletes with a minor in Kinesiology.*

## INCLUDES

- A formal interval training session every Wednesday night.
- An optional training session once a week may be arranged with the running group (day and time to be determined by the group).
- Personal consultation with John Hill.
- A day-to-day training schedule.
- Self monitoring weekly training diary.
- An atmosphere of running fun and camaraderie (groups are not competitive but mutually supportive).

## ADMINISTERED

- By B.C. Athletics (333-3550). Register by fax (333-3551), by mail, or in person.

Complete the attached Registration Form and Running Stat form, and mail or deliver with VISA/MC information, cheque or money order to B.C. Athletics. For a discount on Performance Clinic fees, complete the B.C. Athletics Application for Membership (other side).

**B.C. Road Running  
A Division of BC Athletics**

# Summer Road Running Performance Clinic and BC Athletics Membership Form

Surname \_\_\_\_\_ Given name \_\_\_\_\_ Initial \_\_\_\_\_

Address: Street \_\_\_\_\_ City \_\_\_\_\_ Prov. \_\_\_\_\_ Postal Code \_\_\_\_\_

Birthdate: \_\_\_\_\_ Age: \_\_\_\_\_  Male  Female

MM / DD / YY

Res. Phone \_\_\_\_\_ Bus. Phone \_\_\_\_\_ Fax \_\_\_\_\_

e-mail \_\_\_\_\_ Citizenship \_\_\_\_\_ Country of Birth \_\_\_\_\_

BC Athletics Club affiliation \_\_\_\_\_

### PROGRAMS OFFERED AND REGISTRATION FEES:

**Note:** Clinic registration (except drop-ins) includes a BC Athletics Training membership (includes liability insurance and an Annual Calendar of Events). Training memberships are not valid for entry in BC Athletics sanctioned events. For additional BC Athletics membership types please see Step 2.

#### Step 1 - Registration Fees:

- Program Fee** - registration deadline May 6th, 2008 - \$150 \_\_\_\_\_
- Drop-in** - \$15 (includes liability) \_\_\_\_\_
- Late Registration Fee** - add \$10 \_\_\_\_\_

Program fees are refundable with a \$15 service charge up to the beginning of the third workout.

#### Step 2 - If you would like a BC Athletics membership valid for entry in BC Athletics sanctioned events:

- Adult Recreation Runner** - Age 20+ for Road Running and Cross Country - Add \$25 \_\_\_\_\_
- Master member** - Age 40+ for Road Running, Cross Country and Track & Field - Add \$30 \_\_\_\_\_
- Senior member** - Age 20 to 39 - Competitive Track & Field, Road Running & Cross Country - Add \$80 \_\_\_\_\_
- Junior member** - Ages 18 & 19 - Competitive Track & Field, Road Running & Cross Country - Add \$70 \_\_\_\_\_
- Juvenile member** - Ages 16 & 17 - Competitive Track & Field, Road Running & Cross Country - Add \$60 \_\_\_\_\_

#### Step 3 - If you hold a current BC Athletics membership indicate # and deduct \$10

BC Athletics membership number \_\_\_\_\_

**Total Fee Enclosed** \_\_\_\_\_ +5% GST \_\_\_\_\_ = \_\_\_\_\_

### BC AMATEUR ATHLETICS ASSOCIATION SPORT SAFETY/ACKNOWLEDGEMENT OF RISK

The responsibility for Sport Safety must be shared by all. I, the undersigned, am aware that there is a certain risk of injury involved in my own or my child's participation in Sport: either while travelling to or from the event; or while attending or participating in the programs or activities of the events which are sanctioned/approved by BC Athletics, its' Divisions, its' Member Clubs or recognized organizing societies. It is understood by me that the signing of this document is intended to indicate that on behalf of myself and/or my child I assume the shared responsibility and acknowledge the risk of injury by so participating.

**PERFORMANCE CLINIC WAIVER:** I wish to proceed with participation in the "Road Running Performance Clinic." In agreeing to attend this clinic, I hereby, for myself, my heirs, executors and administrators, waive and release any and all rights and claims for damage I may have against the B.C. Amateur Athletics Association, John Hill, their staff, their agents, representatives and successors and/or the premises of exercise supervision for any and all injuries that may be sustained by me participating in or travelling to and from the said exercise consultation/supervision sessions, or from following non-supervised instructions. I certify that I am cleared by my personal physician to participate in exercise training, and have no medical contraindications for supervised endurance exercise training.

**BC Athletics Privacy Policy:** By completing this registration form, you consent to the collection of this information and its use as per the BC Athletics Privacy Statement and Policy (see Identifying Purposes, Appendix II of the Draft Policy available at [www.bcathletics.org](http://www.bcathletics.org)). For more information, or to limit the release of information, contact the BC Athletics Privacy Officer, Sam Collier, at [sam.collier@bcathletics.org](mailto:sam.collier@bcathletics.org).

Waivers Signature \_\_\_\_\_ Date \_\_\_\_\_

Payment by:  VISA  MC  Cheque  MO  Cash Payable to BC Athletics

VISA/MC Number: \_\_\_\_\_ Amount: \$ \_\_\_\_\_

Expiry Date: \_\_\_\_\_ Cardholder: \_\_\_\_\_  
*Print name as printed on the card*

PLEASE FILL OUT "RUNNING STATS" FORM ON REVERSE

## RUNNING STATS

Please complete the information below as best you can. Approximate times if necessary. This information will be used to prepare your preliminary training schedule and to determine your running group.

Name \_\_\_\_\_

1. Times	Best/Date	Most Recent/Date
5 km		
8 km		
10 km		
20 km		
1/2 Marathon		
Marathon		

2. Marathon Clinic experience or its equivalent (when, where, dates) \_\_\_\_\_

3. How many years have you been running? \_\_\_\_\_

4. Have you ever done interval training and/or speed work? \_\_\_\_\_ If yes, explain: \_\_\_\_\_

5. What is your goal for the next four months (event, distance and time)? \_\_\_\_\_

6. What is your longer term goal for a time and distance? \_\_\_\_\_

7. Have you ever been diagnosed for iron deficiency? \_\_\_\_\_ When? \_\_\_\_\_

8. Describe any history of running injury in the past year \_\_\_\_\_

## B.C. Athletics Membership Benefits For: **Adult Recreation, Juvenile, Junior, Senior, and Master**

Free Calendar of Events -  
Road Running, Cross-Country, Track & Field,  
Marathons, Road Relays, Walks, Ultras,  
Duathlons, Triathlons, Club Contacts

Liability and sport injury/accident insurance

Discounts at identified sporting goods stores

Road Running Performance Clinic in partnership  
with John Hill - Lower Mainland clinic program and  
in other regions of BC from time to time

Haney-Harrison Road Relay and 100km Ultra -  
event owner

Support for Endurance and Road Running Coaches  
and Officials training and development

Road course measurement workshops, contacts,  
measurement, and certification processes

Support for runners seminars, workshops,  
and presentations

Sanctioning of Road Races - meeting safety,  
organizational, measurement, officiating, promotion,  
timing results, and other technical  
standards of the sport

Insurance for sanctioned events, member clubs, and  
individual members of BC Athletics

Providing information through the BC Athletics  
website and direct email on matters  
concerning road running

Promotion and assistance in the development of  
Road Running Clubs in BC

Promotion of Sport and Physical Activity —  
running as a life time sport

Calendar of Events — website and print versions



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Website: [www.bcathletics.org](http://www.bcathletics.org)

John Hill  
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B.C. Athletics presents  
Summer 2008

# ROAD RUNNING PERFORMANCE CLINIC

## “ Interval Training ”



Starts May 7th  
(20 weeks)  
or Drop-In

For all runners who want to  
improve their fitness level and  
performance

Includes a formal  
interval training session every  
Wednesday night

Coaching from John Hill  
Certified Level 2 Coach

Presented by  
the Road Running Division  
of B.C. Athletics

