

Summer 2010 Road Running Performance Clinic

WHEN

- 20 Wednesday nights starting April 21, 2010 at 6:00 p.m. through to September 8, 2010
NOTE – there will be no session on May 5, 2010.
- 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 20 to 25 miles per week. Pace does not matter, whether you are a 5 minute miler or a 10 minute miler.

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).

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.

ADMINISTERED

- By B.C. Athletics (333-3550).
- Register by fax (333-3551), by mail, or in person.
- BC Athletics, #120 – 3820 Cessna Dr., Richmond BC V7B 0A2

Summer 2010 Road Running Performance Clinic and BC Athletics Membership Form

REGISTRATION DEADLINE – April 20, 2010

Surname, Given name, Initial

Address: Street City Prov. Postal Code

Birthdate: _____ Age: _____ Male Female
MM / DD / YY

Citizenship Country of Birth

Res. Phone Bus. Phone Fax

e-mail or Unattached

BC Athletics Club affiliation

PROGRAMS OFFERED AND REGISTRATION FEES:

Note: Clinic registration (except drop-ins) includes a BC Athletics Training membership (includes liability insurance). Training memberships are not valid for entry in BC Athletics sanctioned events. For additional BC Athletics membership types please see Step 2. Program fees are refundable with a \$15 service charge up to the beginning of the third workout.

Step 1 - Registration Fees:

- Program Fee** - registration deadline April 20 2010 - \$160
- Drop-in** - \$15 (includes liability)
- Late Registration Fee** - add \$10

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

- Adult Recreation Runner** - Age 20+ as of 12/31/2010
for Road Running and Cross Country - Add \$25
- Master 35-39** - Age 35 – 39 as of 12/31/2010
For Road Running, Cross Country and Track & Field - Add \$30.....
- Master 40+** - Age 40+ as of 12/31/2010
For Road Running, Cross Country and Track & Field – add \$30.....
- Senior** - Age 20+ as of 12/31/2020
Competitive Track & Field, Road Running & Cross Country - Add \$80
- Junior** - Ages 18 & 19 as of 12/31/2020
Competitive Track & Field, Road Running & Cross Country - Add \$70
- Youth** - Ages 16 & 17 as of 12/31/2010
Competitive Track & Field, Road Running & Cross Country - Add \$60

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

BC Athletics membership number

Sub-Total

If paid by April 30, 2010 – add 5%.GST

If paid May 1, 2010 or later add pro-rated 8.5% HST

TOTAL PAYMENT.....

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). For more information, or to limit the release of information, contact the BC Athletics Privacy Officer, Sam Collier, at sam.collier@bcathletics.org.

Signature acknowledging the above Waivers

Date

Payment Information (make payable to BC Athletics)

VISA

MC

Cheque

MO

Cash

Payable to BC Athletics

VISA/MC Number: _____ Amount: \$ _____

Expiry Date: _____ Cardholder: _____

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

Race: Best time / Date / Most recent time / Date

5 km: _____ / _____ / _____

8 km: _____ / _____ / _____

10 km: _____ / _____ / _____

20 km: _____ / _____ / _____

½ 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

Fax to (604) 333-3551, scan to sam.collier@bcathletics.org or Mail to BC Athletics, RRPC, #120 – 3820 Cessna Dr., Richmond BC V7B 0A2