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SPRING '12

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TOTAL

//FITNESS CLINICS

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WALK/RUN

sole sisters



The Sole Sisters Walk/Run Women's Clinic is for YOU! A program designed for women of all ages, all abilities, all athletes! From the beginner walker to the elite recreational runner, Sole Sisters has 8... because I CAN carefully designed programs within one clinic to help you cross the finish line of the 10K distance... in a supportive, non-judgmental, friendly and encouraging environment!

Tuesday nights will never be the same! We combine education, charismatic guest speakers, phenomenal leadership, commitment and determination to ensure everyone feels GREAT about who they are and BELIEVES in what they can accomplish. Unique in its design and infamous for its membership... every woman proves to have impact!

There is more... we have on-site childcare provided at a subsidized rate, theme nights that will make you forget you were there to exercise and Sole Sister Swag that will leave you feeling and looking great! The Sole Sisters has thought of everything and everyone!

Sole Sisters is proudly partnered with Frontrunners to ensure every step you make is in the best direction for you!

The 2012 Sole Sisters Walk/Run Women's Only Clinic will begin Tuesday, January 24th. Registration fee is \$115 +HST which includes more than just a shirt! Give yourself the gift of fitness from 'sole to soul'.

TUESDAYS

JANUARY 24TH (8 WEEKS)

\$115^{+HST}

MENA WESTHAVER

ST. JOSEPH'S SCHOOL GYM 757 W BURNSIDE RD

REGISTRATION - SOLESISTERSVICTORIA.CA

RUN

first steps//next steps

Don't put it off any longer; your time is now! The next First Steps/Next Steps clinic starts on January 26th, runs 14 weeks to finish on April 24th in time for the TC10K. Are you new to running? First Steps will introduce new runners to the basics of running through a walk/run program. Next Steps will continue to build on the basics through a walk/run program that will lead to running continuously. All participants run at a pace that is comfortable for them. During both of these sessions, participants will be exposed to a variety of topics (including technique, shoe fitting, and nutrition) through our knowledgeable and experienced guest speakers. 14 weeks in length just in time for the TC10K.

THURSDAYS 6:00PM
JANUARY 26TH (14 WEEKS)

\$99^{+HST}

BRENDA SIMMS

**REGISTRATION - FRONTRUNNERS VICTORIA,
1200 VANCOUVER ST. VICTORIA, BC**

FOR MORE INFORMATION - FRONTRUNNERS.CA

MINDFUL STRIDES

These workshops focus on the importance of learning the basics of healthy running form. Participants will become aware of their form and how to correct deficiencies. Marilyn provides hands-on guidance and verbal cues to guide participants through relevant drills that ingrain efficient biomechanics, embody good habits, and advice on healthy training habits, including the importance of strength training and nutrition.

MARILYN ARSENAULT

REGISTRATION - MINDFULSTRIDES.COM

RUN

FULL & 1/2 MARATHON

Whether you are looking to complete your first, or set a personal best, our marathon/half marathon clinic will get you there. Our team of experienced coaches will lead you on an exciting journey to the Vancouver Half or full marathon.

Requirements: Ability to run 1 hour.

WEDNESDAYS

5:30PM & SAT 8:00AM

JANUARY 11TH (16 WEEKS)

\$99^{+HST}

**HICHAM ELAMIRI &
ROBYN PENNER**

REGISTRATION - FRONTRUNNERS VICTORIA,
1200 VANCOUVER ST. VICTORIA, BC

FOR MORE INFORMATION - FRONTRUNNERS.CA

COOK CULTURE CLINIC

Whether you're training for your first marathon or your tenth, or trying to qualify for Boston (again!), one thing that confuses — or even scares — all runners is their diet. Join Chef Cosmo Meens in the Cook Culture kitchen to learn how to simplify and maximize the energy from your food choices. He will discuss the benefit of simple whole food combinations, and when and what is best to eat for your entire schedule right through to race day. Come find out why Simon Whitfield needed Chef Cosmo to fuel him at the last Summer Olympics. Each class is a two hour demonstration - Includes sampling of food and three recipes supplied per class.

MONDAYS 5:30PM

**JANUARY 30TH (1 CLINIC PER
MONTH - 4 SESSIONS)**

\$99^{+HST}

CHEF COSMO MEENS

REGISTRATION - FRONTRUNNERS VICTORIA,
1200 VANCOUVER ST. VICTORIA, BC

FOR MORE INFORMATION - FRONTRUNNERS.CA

RUN

Running Moms

Through the support of Frontrunners **we offer two options** for Running Moms of all ages – **1) Drop-in Runs** (ongoing and social) and **2) Half-marathon Clinic** (more structured and goal-based.)

1) Drop-in Runs

Drop-in with or without the kids for a social run with other moms & dads. Strollers welcome & encouraged. Runs will be tailored to the runners in the group, which means all levels and abilities will find their own pace.

FRIDAYS 10AM
ONGOING

FREE

2) Half-marathon Clinic

A 1/2 marathon clinic specifically designed for all moms, whether your kids are little or grown (come on out, grandmothers!) or you are refinding your running legs, post-pregnancy, in search of a post-baby body, or your personal best. You can participate with or without a stroller.

Requirements: ability to run 1 hour

WEDNESDAYS 10AM
JANUARY 12TH

\$2 DROP IN
+HST

S.J. ERICKSON

LEARN MORE ABOUT RUNNING MOMS -
RUNNINGMOMSCOMMUNITY.BLOGSPOT.COM

REGISTRATION - FRONTRUNNERS VICTORIA,
1200 VANCOUVER ST. VICTORIA, BC

FOR MORE INFORMATION - FRONTRUNNERS.CA

CORE

CORE FOR RUNNERS

In this 6 week clinic you can expect to learn new warm-up techniques, how to find and engage your deep core stabilizers, new exercises to strengthen your weak links and a great workout leaving you feeling stronger after each session. Working on core strength develops posture that facilitates optimal biomechanics, resulting in decreased risk of injury and ultimately better performance. Each participant has the option to go through a individualized injury prevention screen and corrective exercises. Sign up early as space is limited.

MONDAYS 6:45PM
FEBRUARY 13TH (6 WEEKS)

\$75^{+HST}

CARA OBE CERTIFIED
ATHLETIC THERAPIST

2101 GOVERNMENT STREET PURA VIDA GYM

**REGISTRATION - FRONTRUNNERS VICTORIA,
1200 VANCOUVER ST. VICTORIA, BC**

FOR MORE INFORMATION - FRONTRUNNERS.CA



CORE

CORE II

Peak Performance is a strength, conditioning and core training program for active people and athletes of all levels, based on the fundamental principles of cross-training. This clinic will help to improve overall fitness, correct muscle imbalances and reduce the risk of injury from repetitive strain and overuse.

MONDAYS 6:45PM
APRIL 16TH (ONGOING)

\$75^{+HST}

CARA OBE CERTIFIED
ATHLETIC THERAPIST

2101 GOVERNMENT STREET PURA VIDA GYM

**REGISTRATION - FRONTRUNNERS VICTORIA,
1200 VANCOUVER ST. VICTORIA, BC**

FOR MORE INFORMATION - FRONTRUNNERS.CA



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**//REGISTER
TODAY!**



FRONTRUNNERS VICTORIA

1200 Vancouver Street

Victoria, BC

//CALL (250) 382-8181

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