

RUN CLINIC COORDINATORS

Allison and John Tai from Urban Fitness Movement are coordinating the clinics.

Allison Tai is an experienced runner with a long list of successful finishes. She won the Athletics Alberta Timex Road Running Series, completed the 125k Death Race, and has 2 Ironman finishes, including an age group place. In 2011 after the birth of her daughter, she finished a half marathon in 1:29 and a full in 3:09. In 2012, she won the Super Spartan title and got the world record for the fastest stroller marathon. The running fanatic also boasts a broad base of certifications including group fitness instructor, nutrition and wellness specialist and pre and post-natal specialist from Canfit Pro. She's also certified in sports psychology and is a post rehabilitative breast cancer exercise specialist. She has also been a Sun Run clinic coordinator and coached collegiate cross country.

John Tai has been a coach and fitness instructor for nearly 20 years. But, he doesn't just talk the talk he also walks the walk; regularly competing in 10k races as well as having competed in the Vancouver Marathon and the 30-mile Knee Knacker. He's coordinated run groups at various fitness clubs as well as a Vancouver Sun Run clinic.

Like Allison, John has a broad health and fitness background. He is a trained yoga instructor, registered massage therapist and a brain and nerve diagnostics technologist. He is currently studying acupuncture.

BENEFITS OF JOINING

- ✓ 15% off any regular priced item
- ✓ Free Run Clinic gift
- ✓ Speakers who talk about running technique, great, common injuries, yoga/pilates, nutrition, and more
- ✓ 25% off a fully body conditioning bootcamp program by Urban Fitness Movement
- ✓ 15% off your first massage of each session

REGISTRATION

Name: _____

Phone: _____

E-mail: _____

Which clinic (Please circle one):

- (1) Green Sock 11.5k
- (2) St Patrick's Day 5k
- (3) BMO Half Marathon
- (4) BMO Full Marathon
- (5) Child Run 5k
- (6) Child Run 5k (KIDS' CLINIC)
- (7) Earth Day 10k
- (8) Not Quite Ready for a Half, Jog for a Jug
- (9) Kelowna Half Marathon
- (10) Kelowna Full Marathon
- (11) Color Me Rad 5k
- (12) Color Me Rad 5k (KIDS' CLINIC)
- (13) Richmond Oval 10k
- (14) Not Quite Ready for a Half COHO 15k
- (15) Boundary Bay 5k
- (16) Boundary Bay 5k (KIDS' RELAY CLINIC)
- (17) Boundary Bay 10k
- (18) Resolution Run 5k
- (19) Resolution Run 50k

Shoe Size: _____ Shirt Size: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____

Media Waiver

I agree that all photographs, video or any images taken by employees, directors, representatives or agents of the Rackets & Runners Run Clinic are the property of the Rackets & Runners Club and may be used without permission of the photographed person.

Waiver

I am 19 years or older. I know this clinic has potentially hazardous activities involved. I should only participate on physician permission. I assume any and all risks associated with this clinic not limited to falls, contact, effects of weather, roads, traffic. I waive any release any and all rights and claims for damages sustained by me as result of this clinic including negligence. I assume sole risk and exempt any organizers or sponsors of clinic from liability. I acknowledge having read this release and waiver and I understand and accept its terms.

Signature: _____

Date: _____



**2013
Run
Clinics**

Questions?

Ask the Run Clinic Coordinators

through email:

info@urbanfitnessmovement.com

3880 Oak Street
Vancouver, BC V6H 2M5
(604) 733-9211
www.racketsandrillers.ca

Clinic Number	Start Date	End Date	Clinic Name	Amount of Weeks	Price (HST not included)
1	January 8, 2013	March 17, 2013	Green Sock 11.5k	10	70
2	January 8, 2013	March 17, 2013	St Patrick's Day 5k	10	70
3	January 8, 2013	May 5, 2013	BMO Half Marathon	17	119
4	January 8, 2013	May 5, 2013	BMO Full Marathon	17	119
5	March 19, 2013	June 2, 2013	Child Run 5k	11	77
6	March 19, 2013	March 19, 2013	Child Run 5k (KIDS' CLINIC)	11	77
7	March 9, 2013	June 2, 2013	Earth Day 10k	11	77
8	April 23, 2013	June 16, 2013	Not Quite Ready for a Half, Jog for Jug	8	56
9	May 8, 2013	October 13, 2013	Kelowna Half Marathon	22	154
10	May 8, 2013	October 13, 2013	Kelowna Full Marathon	22	154
11	June 4, 2013	August 17, 2013	Color Me Rad 5k	11	77
12	June 4, 2013	August 17, 2013	Color Me Rad 5k (KIDS' CLINIC)	11	77
13	June 4, 2013	August 17, 2013	Richmond Oval 10k	11	77
14	June 4, 2013	September 8, 2013	Not Quite Ready for a Half COHO 15k	14	98
15	August 20, 2013	November 3, 2013	Boundary Bay 5k	11	77
16	August 20, 2013	November 3, 2013	Boundary Bay 5k (KIDS' RELAY CLINIC)	11	77
17	August 20, 2013	November 3, 2013	Boundary Bay 10k	11	77
18	November 6, 2013	January 1, 2013	Resolution Run 5k	8	56
19	November 6, 2013	January 1, 2013	Resolution Run 50k	8	56

INTRODUCTION

Do you run and are now looking for a new challenge? Do you want to take the next step from your current distance? Clinics are designed to teach, develop or season each runner. So lace up your running shoes and come along!

YEARLY SUBSCRIPTION

For runners who want to subscribe to clinics for an entire year, the special price is

\$250

All clinics run three times a week:

- (1) Tuesdays @ 6:00 pm
- (2) Thursdays @ 6:00 pm
- (3) Saturdays Half/Full Marathon @ 8:15 am
5k / 10k @ 9:15 am