

When does the clinic take place?

The clinic starts on Monday Feb 1st at 6pm. We meet every Monday from then until April 19th, with the exception of the Easter Long weekend, when we will be meeting on Saturday April 5th for a practice race. Sessions are about an hour to an hour & a half depending on speakers, and which group you are in.

Where does the clinic take place?

All sessions start at the Duncan Christian School, with the exception of the practice race. Walks/runs take place in the surrounding neighbourhood and at the Cowichan Sportsplex.

How do I register?

You need to fill out 3 different forms. The *Clinic Registration* form, the *Clinic Evaluation* form & the *Par Q*. All three are available for down load at www.ceeovacs.com

Drop off or mail to the **Cowichan Sportsplex 5847, Chesterfield St, Duncan V9L 3M3** with payment.

What are the sessions like?

Each week you will check in at the DCS lobby & meet up with your group. You will follow a training plan that is suitable for your level, which progresses a little more each week. Some sessions will be preceded by a short talk given by a guest speaker or one of the group leaders.

Practice 5K or 10K

On the Saturday of Easter weekend, April 5th, we will run a mock race. You have the option of either 5 or 10k – this is a very low key FUN event! Details will be determined at a later date.

How do I know what group I should be in?

The Clinic Evaluation form is very important to helping select which group you are in. Please fill it out as accurately as possible, doing the timed Km(S) at a COMFORTABLE pace. There is generally LOTS of shuffling between groups the first couple of weeks.

What about the rest of the week?

Participants must make a commitment to training twice more each week on their own. Your program will tell you what you need to do, but YOU need to do it! Often groups will meet together for this but group leaders will not necessarily be present.

Can my friend & I be in the same group?

If you are both at the same level of fitness & ability! It is important that everyone is in a group that works for them personally. If anyone finds the intensity or distance too hard they are encouraged to drop down to the next group. If you stay in the wrong group you may be injured from working too hard or not reach your potential. Many life long friendships have been formed through our clinic, and you will likely find you soon have a bond with your group.

Can my child join me in the clinic?

Children 12 & older can take part but must be registered at the full fee and accompanied by an adult. Children 12-14 may need to have their parent stay with them in the same group, in this case both should be running at the child's level.

Who coaches the clinic?

All group leaders are volunteers from the Ceevacs Roadrunner's club. Each group will have a few group leaders that will be working with them for the duration of the clinic. They are willing to share their experience & knowledge of running as well as provide the encouragement to stay with the program. This is NOT professional or private coaching, although we will work with each person to try to reach their goals.

Where does the money go?

The Ceevacs Roadrunners have put this clinic on for the past 16 years with 2 goals in mind. First, to introduce as many people as possible to the joy of running or walking with a safe & sensible training program. Secondly, we have used this as a fundraiser for the Cowichan Sportsplex. Over the past 16 years Ceevacs Roadrunners has donated an estimated \$35,000.00 raised through our clinic. We make every effort too keep the costs of the clinic down so we can donate as much as possible to this wonderful community facility. We thank our sponsors Duncan Christian School & the Newsleader Pictorial for helping us to reduce the cost of putting the clinic on.

None of the coaches are paid, it is all volunteer driven. This year we are including a free years membership to the Ceevacs roadrunners. You also will receive a binder with your training plan & lots of useful information to get you started on your running or walking career.

What about the Times Colonist 10K?

The TC 10k takes place April 25th 2010. Most of our clinic participants have this event as their goal for the clinic but you should not feel pressured to be able to run a full 10k by this time. Registration for the TC 10K is not included in your clinic fees, but you will have an opportunity to sign up for it at the first night of the clinic as part of the Ceevacs team. The cost for the Times Colonist 10K will be \$30, payable to the *Times Colonist 10k*. You are also able to register later on your own, at a higher fee.