

WHEN DO WE RUN?

Saturday morning! Check the website for the most up to date time. **Tuesday at 5:30;** When the snow is off the outdoor track behind the Camrose Composite High School. We will be working hard to find a way to run year round!



INFORMATION:

CAMROSE RUNNING CLUB

We welcome all ages
and speeds, including
walkers

WHAT ELSE DO WE DO?

- Social activities
- Scavenger hunts
- Timed trials
- Races - Ole's Spring Run Off
- Pizza run
- Speed training
- Group travel to races
- Night crawl



THE FORUM

Thinking about entering a race?
We often write about race
experiences on our forum.

Check it out!

CONTACT INFORMATION:

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CAMROSERUNNING.CA

RUNNING CLUB MEMBERS RECEIVE:

An opportunity to get connected with the running community in Camrose—meet **new friends** and running partners.

Runners of **all abilities**, from your first running experience to whatever your goal may be, will find fun and adventure.

E-mailed **event notices** and information. Signup at www.camroserunning.ca

Attend **social** events and **special** runs planned throughout the year.

Access to **experienced** coaches.

Access to professional **training** programs based on many years of research and experience.

Reduced fees or free access to club **seminars/clinics** on important aspects of physical training such as stretching, strength training or nutrition.

The opportunity to volunteer at various races and other club activities to earn unique tokens of **appreciation**.

The satisfaction of knowing your annual dues help support running and **fitness** in the Camrose community.

Physically active residents tend to be **healthier and happier**.

Affordable Membership Rates: **\$ 20/** year for individuals. The membership application can be found at www.camroserunning.ca

TRAINING CLINICS:

We offer several training clinics throughout the year. Here are two examples:

Run30 This clinic is for people who have never run before and are looking to learn about all aspects of running. The goal of this class is to be able to run 30 continuous minutes after 10 weeks.

Run60 The goal of the class is to be able to run 60 continuous minutes after 10 weeks.

An up to date list of clinics and training dates will be online.

