

## What to Bring?

Please bring the following to all sessions, including the first:

- Hydration (water bottle, waist pack or hydration backpack)
- Nutrition
- Trail shoes (recommended)
- 10 essentials (recommended)
- Whistle

## What's included?

- Twelve weeks of guided runs
- Discount to use in store
- Technical running shirt
- Destination runs
- Monthly Training Plan
- Guest Speakers
- Learn general trail etiquette
- Equipment review
- Physical and mental race preparation



## Trail Running Clinic

This clinic is designed to build your distance on the trails up to 15km or 25km. We ask you to have a strong base leading into the clinic. Thursday's will be a shorter run in the evenings, focused on teaching trail running techniques. With different pace groups, some groups may want to focus on building speed in the trails. Sunday's will be our days to get in some distance and elevation. With an early start at 7am, we hope to beat most of the heat in the day. With the option to sign up for one day or two days per week, you can make this clinic out to be exactly what you are wanting.

## Is this clinic for you?

Some trail running experience is required .  
If you are considering joining the 15km group, please be able to run for at least an hour on the trails comfortably, or 10km on the road. If you are considering joining the 25km group, we ask that you can run for at least 1.5 hours on the trails or 15km on the road.  
Our local mountains offer moderate to challenging terrains. Be prepared for elevation gains upwards of 700m for the 15km group and 1500m for the 25km group.

## Races to Train for:

**Sunday, September 8<sup>th</sup> - MEC Greater Vancouver: Trail Race FOUR (Inter River)**  
5km, 10km

**Saturday, September 21<sup>st</sup> - CMTS Whistler Alpine Meadows**  
25km (SOLD OUT)

**Saturday, September 21<sup>st</sup> - Frosty Mountain Ultra**  
13km, 27km

**Saturday, September 28<sup>th</sup> - Baker Lake Classic**  
25km

## Distance (please circle)

15 km                      25 km

## Sessions per week

One session \$70

Please indicate:    Sunday    Thursday

Two sessions \$100

LAST NAME: \_\_\_\_\_

FIRST NAME: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_

EMERGENCY CONTACT NAME & NUMBER \_\_\_\_\_

GOALS FOR THE TRAINING SESSION: \_\_\_\_\_

SHIRT SIZE:(TECH TEE)

MENS    LADIES

XSMALL    SMALL    MEDIUM    LARGE  
XLARGE    XXLARGE

\*\*Please see other side for waiver.\*\*

## WAIVER

In consideration of the acceptance of my application and the permission to participate in the runners' den running clinics I HEREBY RELEASE, WAIVE AND FOREVER DISCHARGE the runners' den inc. OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, as a participant, whether prior to, during or subsequent to the runners' den clinics, AND NOTWITHSTANDING that same may have contributed to or occasioned by the negligence of the aforesaid. I FURTHER HEREBY UNDERTAKE TO HOLD AND SAVE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event. BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREE TO THE ABOVE WAIVER, RELEASE and INDEMNITY. I WARRANT that I am physically fit to participate in this event.

PARTICIPANT SIGNATURE

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DATE

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*"I loved the clinic as it was my first time trail running. I am officially converted! I wish the clinic could be year round!"*

*"The Den has done an amazing job, organizing the various groups and keeping us all informed with the emails, very impressive leaders. The run leaders that I ran with, were very positive and have fantastic experience and insight."*

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### About Us

The runners' den is a place where people interested in running and walking can go to find the latest and greatest in technical footwear and clothing, talk about training, get advice to stay injury free, and discover some local running routes on the road or in the trails.

### Contact Us

Phone: 604-461-8330

Trail clinic inquiries: amykirby15@gmail.com

Other inquires: info@runnersden.ca

Web: [www.runnersden.ca](http://www.runnersden.ca)



the runners' den  
239 Newport Dr.  
Port Moody, BC. V3H 5C9



# TRAIL RUNNING CLINIC 2019

## Clinic Starts:

Sunday, June 9<sup>th</sup> @ 7:00 AM

*One session per week:*

\$70

*Two sessions per week:*

\$100

Limited to 80 participants