



Cairns Road Runners Beginner Runners' Clinics

Congratulations on taking the first step to participate in the sport of running. We hope you will also join us at our FREE Wednesday social runs, fun runs and races on the weekends!

The clinics are designed for absolute beginners, runners with little experience and runners returning after a long absence. The clinics aim to prepare you to complete a running race at your own pace and injury free.

It is not necessary to have prior experience or look athletic to participate. Please wear comfortable running gear and running shoes.

It is necessary to be medically capable of 20 - 30 min of mild activity.

Our next **Beginner Runners' Clinics** will be each Monday from 23 January to 5 March. Venue: Flecker Botanical Gardens or Barlow Park. **Adult** Club members can attend for \$10 (Mentors FREE). Other participants: \$45.00 for the seven sessions *or part thereof*. Everyone will need to pay an additional \$3.50 entry fee into Barlow Park, if we use that facility.

Participants are not expected to attend each clinic, but [registration is essential](http://regonline.activeglobal.com/Register/Checkin.aspx?EventID=1049291) (<http://regonline.activeglobal.com/Register/Checkin.aspx?EventID=1049291>). **CRR Members can pay when they sign up for 2012 membership or by using the registration link provided.**

You'll receive:

- A training schedule and tips on running at the end of each session
- An information session on topics such as:
 - Running skills and technique
 - Running gear (including shoe selection)
 - Nutrition & Hydration
 - Motivation - how to continue with a training program
 - Warm ups, cool downs, stretching
 - Injury prevention
 - Club organisation
- An opportunity to run for 20 - 25 minutes with other runners of the same ability
- A certificate of participation upon completing the Clinic
- An invitation to the Graduation Dinner (date tbc)

Clinic Details	Time
Roll Call and Questions	5:30 - 5:35pm
Brief instructions on the day's run	5:35 - 5:45pm
Run/walk, start by walking for a few minutes to warm up; finish by walking for 5 minutes to cool down.	5:45 - 6:15pm
Stretch, Hydrate, Discussion topic, collect handouts. Set goals for the week.	6:15 - 6:30pm
Target race for first block of Clinics: The Rocks 5km on 17 March	

Please note: We are first and foremost a **social club** and we only have a couple of qualified coaches. We rely mostly on experienced runners helping out at these clinics.

Coach: Lorraine Lawson
President and Level 2 Middle/Long Distance Coach

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Sponsor: High Performance Massage



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