

## IT'S TIME TO SET YOUR RUNNING GOALS

Starting February 10<sup>th</sup> and meeting at Podium Sports on Parkedale Ave there will be 3 running clinics offered here in Brockville. Join with your partner, bring a friend or come out and meet new runners. With spring around the corner it is time to get started.

### **5 KM, 10KM & 1/2 MARATHON CLINIC**

5km & 10km 12 weeks -Feb 10<sup>th</sup> to April 28<sup>th</sup>

Goal Race: California Run, Brockville

½ Marathon 16 weeks- Feb 10<sup>th</sup> to May 26<sup>th</sup>

Goal Race: Ottawa ½ Marathon

TIME: Wednesdays 5:30pm & Saturdays 8:30am

WHERE: PODIUM SPORTS- 2211 Parkedale Ave.

**By: Paula Wiltse (Elite Masters Runner) & Pat McDougall (StayFit Global)**

Learn how to train properly

Tempo runs

Intervals and pace work

Hill running

Technique

Importance of proper clothing and footwear

Prerace preparation

For more information and cost please contact:

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**Pat McDougall** (613)342-3537 or [patti.mcdougall@stayfitglobal.com](mailto:patti.mcdougall@stayfitglobal.com)