



Running Clinics

FREE INFO EVENING

- Aiming to run your 1st ever 10km event?
- Thinking about trying for a Half Marathon?
- Training for the full Rotorua Marathon in May?
- Secretly wondering if you are fit enough?
- Want some advice and/or a mentor?
- Check out our *Runner's 10km, Half or Marathon Clinics*

If trudging the footpath by yourself is getting old, if you need some advice, or simply want to establish your required fitness level, do come. No obligation, no running on the night! Tea/coffee provided.

FREE INFORMATION EVENING

Thursday 17th January, 7:30pm

Venue: Lake City Athletic Clubrooms

Neil Hunt Park off Tarawera Road behind the Outdoorsman

(Actual 10km, ½ and Marathon Clinic commences Sun 20th Jan 7am sharp)

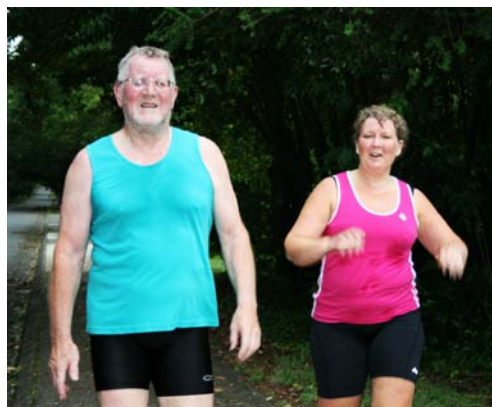
For further details contact:

Jodie Hickson 021 970482, 3453070, lakecitymarathonclinic@gmail.com

Runner's Clinic

10km, ½ Marathon & Marathon

This year's Runner's Clinic will start on Sunday 20th January 2013 at 7am from the Lake City clubrooms, and includes a 15 week program leading up to the Rotorua Marathon on Saturday 4th May 2013. **But you don't have to do a full Marathon!** The Clinics also cater for those simply aiming for their first ever 10km or half marathon distance. There are a wide range of training groups taken by experienced Pack Leaders in the Clinic. These groups cover first-timers who are still walking the hills, to those with distance and speed already under their belts. Part of the program and build-up includes participating in the Kingsgate 5km, 10km or Half Marathon on Sunday 10th March 2013. After this event, you continue training towards either a 10km, the Half Marathon, or the full Rotorua Marathon on the 4th of May. Either way, you take advantage of the full 15 week program with tailored group training distances. The experience you can gain from the Clinic's Pack Leaders is invaluable.



The Runner's Clinic involves shorter Tues and Thurs evening group runs in the Redwoods, Weds track speedwork if you can fit it in, and longer Sunday morning runs for your distance training. These longer runs are at a very easy pace to build up time on your feet.



To join the clinics it is recommended that you can at least slow-jog around the block for the 10km clinic, jog 30 minutes for the ½ marathon and at least 1 hour for the Marathon clinic. But don't worry about your speed. The first Sunday run will involve sorting participants into running groups of similar pace. We have runners that run anywhere from 3 ½ hour to over 6-hour marathons, so there are plenty of different abilities in this Clinic. Distance training is initially all about time on the feet - not how fast you are!

Most of the running will be in the forest with some longer road runs towards the end of the training to get you used to running on pavement. But the forest is a great training ground with fantastic scenery and softer running surfaces so it's not as hard on your body or joints.

Each participant will be given a well-tested training program, a Pack Leader to follow, support and camaraderie, and advice on everything from shoes to hydration, diet, and managing injuries. As part of the nominal \$51 Clinic fee, you also get over a year's club-only membership so you can take part in all the club events over Winter as well. You can also purchase a Lake City Athletic Club singlet or tee shirt for your actual run on the day. Wearing a Lake City shirt guarantees you lots and lots of crowd support and encouragement, simply for being part of Rotorua's local running club and getting out and giving it a go!

FREE INFO EVENING Thurs 17th Jan 7:30pm

1st run Sun 20th Jan, Then Sundays 7am, Tues & Thurs 5:25pm from clubrooms.

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www.lakecity.co.nz