



March 2011

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Our Community | St. Patty's Day Run/Walk



Join us on Thursday March 17th at 6:30pm for our 1st Annual St. Patty's Day Fun Run/Walk. 100% of proceeds from the event will go to Breast Cancer Research.

Registration in by donation, minimum donation \$10. Love this tee? A minimum donation of \$20 will get you this awesome St. Patty's Day Tee (limited to the first 75 registrants per store).



Elementary School Spring Break Track Clinic

March 23rd—April 1st

The Run Inn has teamed up with Common Sense Running by Malcolm Smillie to offer a Elementary School Track Clinic during Spring Break!

This clinic will cover sprints and distance events as well as proper warm up and cool down routines, strength and conditioning exercises, speed and speed endurance development session, and much more!

March 23, 25, 28,30 and April 1 6:00-7:00pm

Cost \$60 (or, \$15 drop-in)

Registration for the full clinic includes:

- 5 training sessions

- Adidas Gym Bag for the first 20 kids

<http://www.commonssenserrunning.com/>

NEW! Morning Running Clinics | Delta

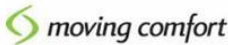
Thursday Mornings at 9:30 February 10th—April 14th

Groups Include: Walking, Learn to Run, 10k Group

Cost: \$35.00 for full clinic, or \$4 drop in



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WANTED: volunteers for the Delta Triathlon! We are looking for Delta Triathlon Volunteers on April 16th. Volunteer forms can be found at our Delta store, or email volunteers@corp.delta.bc.ca for more info!

RUN INN your community CLINICS

Delta | Tuesday Nights @ 630

Groups incl: Walking, Learn to Run, 7k, 10k, Pace Groups.

Cost: \$50.00 for full clinic, or \$4 drop in

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Kerrisdale | Thursday Nights @ 630

Groups incl: Learn to Run, Building a Running Base, Run Faster, Speed Workout

Cost: \$45.00 for full clinic, or \$4 drop in

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Delta & Kerrisdale | Long Distance Training | Saturday Mornings @ 8

1/2 Marathon & Full Marathon training

Cost: \$120.00 (includes Tues/Thurs Night training)

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