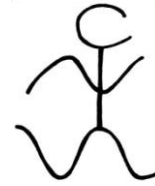


CryderClinics

Summer/Fall 2009 Edition



Back by popular demand - 10th time running!

Find motivation, inspiration and fun!

Enjoy the group and exceed your expectations!

Choose from these program options:

-  **Run faster, not farther → Royal Victoria 8K &/or Miracle Beach 10K**
-  **FINISH the ½ with health & style → Royal Victoria Half Marathon**
-  **RACE the ½ Marathon → Royal Victoria Half Marathon**
-  **FINISH the Marathon! → Royal Victoria Marathon**
-  **RACE the Marathon → Royal Victoria Marathon**

The CryderClinic experience offers:

- ✓ **Coach Cryderman designed training program**
- ✓ **Educational & motivational talks from nationally certified Coach Cryderman and other highly qualified health professionals**
- ✓ **CryderClinic Weekly – newsletter jam packed with running info for YOU!**
- ✓ **Ongoing email support throughout the clinic plus outstanding race day SPIRIT**
- ✓ **Camaraderie, support, and training opportunities within the group**
- ✓ **Inclusive environment with many potential training buddies ☺**

Programs *run* from July-October, formal sessions begin August 22nd - you can still vacation!

All programs \$119 each or two *family* members for \$199

Registration is limited so sign up now! To register or for more information about CryderClinics talk to the ShoreRunners staff or email Coach Cryderman: cryderclinics@telus.net

Sponsored and hosted by

ShoreRunners

250-286-1364 #2-1371 Greenwood St. (corner of Greenwood & 14th across from Save-On-Foods)