

March 2011



Newsletter for Runners

Upcoming Events

Leprechaun Loppet Classic Cross Country Ski Race

- Highlands Nordic
- Sunday March 20th
- www.highlandsnordic.ca

2nd Annual April Fool's Triathlon: x country ski or hike/mnt bike/paddle

- Kolapore Parking Lot
- Saturday March 26,
10am
- Info/register:
scouchman@pqrfund.com

Around The Bay Road Race-30km

- Hamilton, ON
- Sunday March 27th

<http://www.aroundthebayroadrace.com>

Did you know...if you shorten your running stride and make sure your foot lands under your hip (instead of out in front of you), you will be a more efficient runner and will decrease the likelihood of injuries.

Spring 'Morning' Running Clinic

10km/half marathon/marathon

Starts: Tuesday March 22nd, 6:15 am
(yes-morning!) 12 sessions

Early bird price: \$95. if you register
by March 15 (\$110. after that)

Spice up your workouts with a variety of intervals, track work, hills, tempo, dynamic warm-up exercises and technique work. Great for those training for a 10 km, half or full marathon or for those wanting innovative group workouts.

Coached by: Brock Tadashore, certified Athletic Therapist, certified Strength & Conditioning Specialist, avid runner

- Includes email communication for weekly training tips
- Running gift to be given at successful completion of clinic
- Must be able to run 5km without difficulties

Call to register 705-444-3600

Maximum's Power Hour

Innovative strengthening class

- Wednesdays 7-8pm
- Sign Up by the Month, \$45./month for 4 classes
- Instructor: Brock Tadashore
- Call 705-444-3600 to register



Above: Sue Underhill, owner of Maximum, and assistant Heidi Ohrling, with their Jackrabbit Cross Country Ski Group at Highlands Nordic.

Sue and her family recently spent a couple of months in Tanzania, Africa, volunteering at a hospital and an orphanage. Below she is pictured with a few of her regular running buddies, many of whom ran either barefoot or in plastic flip flops. They liked to hold hands with Sue and her husband while they ran. They didn't understand why Sue would run just for fun. They are used to running out of necessity, such as getting to school which is some distance away. They always had smiles on their faces.

