

November 2010



Newsletter for Runners



Upcoming Events

[Moonlight Snowshoe for Cancer](#)

- Highlands Nordic
- Sat. January 22
- www.highlandsnordic.ca

[Women's Ski Day](#)

- Highlands Nordic
- Sun. January 23
- www.highlandsnordic.ca

[NordicFest](#)

- Scenic Caves
- Sat. February 5
- www.sceniccaves.com

[Romp To Stomp Out Cancer](#)

- Scenic Caves
- Sat. February 19 @11
- 3km snowshoe walk or 5km race
- www.sceniccaves.com



Run All Winter!

Click on the link below to check out our recent article with tips to enjoy winter running, coming up in the EB Health pages and Body Magazine:

<http://www.maximumphysiotherapy.com/News-And-Events/Winter-Running/a~2481--c~343885/article.html>

- Layer clothing-wear a synthetic material such as polypropylene, next to your body
- Cover your head-40% of your body heat is lost through your head
- Stay hydrated-dehydration affects your body's ability to regulate body heat and increases the risk of frostbite



Winter Running Clinic

Let us know (by replying to this email) if you are interested in a winter running/snowshoeing clinic starting in the new year. More details to come once we know if there is enough interest.

Maximum's Power Hour

Innovative strengthening class

- Wednesdays 7-8pm
- Sign Up by the Month
- Instructor: Brock Tadashore
- Call 444-3600 to register; space is limited.



Above: Our Fall Trail Running Clinic participants take a break after a run through the colourful trails at Highlands Nordic.



Vibram 5 Fingers

What are they?

They are a new innovative shoe with a thin flexible Vibram sole and individual toe pockets. The design allows the foot to move naturally, simulating the feel of barefeet, while protecting the sole of the foot and providing slip resistance.

Why try them?

They improve foot strength, balance, agility, proprioception, range of motion and enhance your sense of touch and feel. (Available at Sojourn in Barrie)

www.vibramfivefingers.com