

## Advanced Running Training - Clinic Registration Form 2024

All information gathered will remain with Colleen Parsons in strict confidence and will be used only to ensure that the information presented at the sessions is relevant to the overall audience. This is an advanced run training clinic designed to make you a stronger runner. Your goal distance is not important for these sessions. Please complete the **GetActive-Q** and **Informed Consent Form** also attached

### Winter Session Dates:

January 8, 15, 22, 29  
February 15, 12, 26 (No session on Family Day)  
March 4, 11, 18, 25

<b>Name</b>	<b>Date</b>
<b>DOB (yy/mm/dd)</b>	<b>Phone</b>
<b>Emergency Contact / Phone</b>	
<b>Email</b>	
<b>Athletic background</b> Number of years running regularly:      Number of marathons completed:      Half marathons  What are the other activities that you do for fitness?	
What, if any medical conditions/injuries do you have that I should be aware of:  How recent is it/are they?	
<b>Session Fee:</b> \$125 (\$130 for credit card transactions) Virtual \$75 (\$78 for credit card transactions)  <b>Session details:</b> See page 2 below for more details.  Register online at <a href="http://www.colleenparsons.com/store">www.colleenparsons.com/store</a> using credit card or e-transfer  <b>Refund Policy</b> <ul style="list-style-type: none"> <li>A full refund will be issued by e-transfer from CGP Consulting Inc. in the event the session is cancelled.</li> </ul>	

## General Session Information

Mount Royal University – 4825 Mount Royal Gate SW

[2020\\_CampusParkingMap \(mtroyal.ca\)](https://mtroyal.ca/2020_CampusParkingMap)

**Parking – Lot 2** – visitor parking \$8.75 for evenings and Saturdays

**Parking – off campus** – there is parking off campus which will require a little walking if you choose to not pay for parking. The closest seems to be in the parking lot by the childcare centre off of Sarcee Rd., SW.

### Session Description

All 11 sessions will include a structured warm up, workout and warm down designed to develop and build strength, agility, speed and running performance. Please arrive on time, workouts will start at 7pm sharp. These will likely replace your other once per week harder/faster session of the week, so please rearrange your workouts to accommodate this change. You will likely need to leave your outerwear in a locker in the lockerroom.

### Please be sure to bring with you or wear for all sessions:

- ☐ Your running gear (for indoors – dress lightly or in layers) and water bottle
- ☐ Your motivation
- ☐ Your desire to work hard
- ☐ A snack and fluids for your drive home – post exercise recovery nutrition and hydration are important for these workouts.

Any questions ahead of time – Contact Colleen Parsons at 403-836-5833 or [cg.parsons@live.com](mailto:cg.parsons@live.com)