



Sole Sisters Victoria

Proudly Presents...

The Sequel

Some Facts and Questions about the Program

Welcome...! You are about to embark on a journey that will not only take you further in your level of physical fitness but also in your mental 'fitness'. This clinic is unique in its structure, approach and its results... why? Because YOU are a part of it!

Relax, breathe, enjoy!

Some quick Questions & Facts about the Program:

What distances will this program train you for?

- Two programs will be available and 'run' simultaneously☺
- The 10k distance and the ½ marathon distance

What groups will be offered?

- Walkers/powerwalking, walk/run and running

When will the group meet?

- Tuesday nights beginning between 6:30-7pm depending on what class we will be having that night... Please always check your email. The session on Tuesday nights will vary in length from 1 hour to 2 hours MAX! You will know ahead of time what your Tuesday will 'look' like so you can plan your day and night.
- We will also have 'unofficial' homework groups meeting on Thursday nights, Saturday and Sundays...but of course you can always do this on your own time.

Where will we meet?

- I have the gym at St. Joseph's School rented... YES home of Sole Sisters! The address is 757 Burnside Road West. This program will also include many offsite location meetings... I will send out confirmations via emails.

How long is this clinic?

- This clinic will 'run' (and WALK!) for 20 weeks!

Is there an event goal for this clinic?

- We are gearing up to participate in the Royal Victoria Marathon – a weekend of walking and running on Oct. 7th where there is the option of participating in the 8k, ½ marathon or yes the full marathon distances. There will be other community events that I will share with you...but there no obligations... just ideas for participation☺! YES you can simply participate in the clinic to keep moving!

Can I switch from group to group or am I stuck in my group once I pick?

- Yes! All Sole Sisters clinics have options... You can switch groups whenever you need to! Please know the options are there as your body may need them. You may be dealing with a sickness, an injury, or you may be feeling super energetic and wanting a greater push. You are the best judge of your ability and will be encouraged to participate in the group that is best for you! The leaders will motivate you, encourage you and help you every step of the way.

I feel like I can't keep up... should I quit?

- NO... there is an option for you.... There will be options for everyone!

I am a walker? Is that okay if I just want to walk?

- Yes, absolutely! YES walking is a sport, it is athletic sport and it is a wonderful way to be physically active!

How often do I have to do this?

- You will participate every Tuesday in the group setting. In addition to this workout you will be given 2-3 homework sessions to do... and yes we encourage and help to organize other 'sister' sessions! It is always more fun to recreate with a friend and more motivating to do so! For best results you will want to do these workouts in between days of rest or cross training. For example: Tuesday, Thursday, Saturday or Sunday for our clinic is a great schedule to follow. I will also be encouraging additional cross training days and options to assist you with training 'smart' and 'safe'.

I am going to be on holidays a lot over the summer...can I still join?

- Yes so will I and all of the leaders! This is one reason why the sequel will be different BUT represent how we can all continue to live active lives while living 'busy' lives. I will be sharing tips and hints on staying active while travelling, camping and vacationing!

About the PARQ Form... why do I have to fill it out?

- This form is a great way for you to ensure your body is ready to begin this exercise program. It is to protect your overall state of health and well being and I encourage you to read through the questions carefully now and follow up with your doctor if you have any concerns prior to the clinic start date. If you have a medical condition which requires clearance from a doctor before beginning an exercise program, please bring notification from your doctor to me before the clinic begins as you will need this to participate. All medical information will be kept confidential. If you have any medical conditions that I (or the leaders) should be aware of please bring it to my attention before the clinic start date. Please feel comfortable to call me any time. Health and safety concerns are at the top of the list for our clinic. Thank you in advance.
 - PLEASE NOTE: If you recently completed a PAR Q form in January of 2012, you do not need to complete a NEW PAR Q form UNLESS something has changed in your health. THANK YOU!

What should I wear?

- Be comfortable and as always dress to be seen if there is any chance you will be in the dark!

Who can register for this clinic?

- Let's start with – humans only! Sorry, no dogs.
- There is not childminding available for this clinic... my apologies... if this truly causes a barrier for you to participate... please tell me!
- Sisters... brothers? Well... traditionally Sole Sisters is a Women's ONLY clinic... BUT if there are brothers interested 'out there'... please send me names... I may be able to put together a separate group just for them if there is enough interest☺!
- **This program is designed for the participant who has been active in some way in their lives!**
 - **If you want to participate in the 1/2 marathon training program, it is best that you are presently able to complete the 10k distance.**
 - **If you are interested in the 10k clinic – yes new faces (beginners) are welcomed!**
 - **Yes step by step...kilometer by kilometer... and easing your body into increased demands is the best way to train! We want you to feel good both mentally and physically!**

**If at any time you are questioning if you 'CAN' do it... talk to a leader, talk to me and remind yourself that there is no perfect formula to get you through any distance. This clinic and its structure will help you complete the 10k distance or the 1/2 marathon distance whichever manner you have set out to do it in keeping safety and health first in mind. For some of you it may be walking faster than last time, some of you may be hoping to walk and run portions 21.1 kilometers, some of you may hope to run the distance with no stops... and some of you may be hoping for that personal best time! Commitment, dedication and proper care will help YOU achieve YOUR goal!

Sole Sisters proudly boasts that our clinics follow some pretty basic 'rules of play'... please note:

- Please never leave a sister on her own! We are a team... and will use the buddy system at all times.
- The leaders are here for YOU and will ensure that groups move at the proper pace using techniques that will allow everyone to work to their individual potential... please do not pass the leaders but follow the suggested techniques to work harder if needed!
- Have FUN, forgive yourselves if you feel you are not where you want to be, forget the runs or walks that seemed to hurt or perhaps got missed, and feel the joy of being able to be ACTIVE!
- THANK YOU!

I thought I would reattach the 2012 10k Clinic video invite...as it truly is motivating! Copy & Paste this link into your browser for your official Sole Sisters 2012 Invite Smilebox☺
<http://secure.smilebox.com/ecom/openTheBox?sendevent=4d6a6b794f4441344f54553d0d0a&sb=1>

Thank you for choosing to participate in this clinic. I am here to help you as much as I can. My goal in this clinic is to see everyone reach their personal maximum potential and cross the finish line of the 10k or 1/2 marathon distance! I will see you at the finish line! Enjoy the experience of this powerful group of women... Congratulations!

Promoting fitness and fun for everyone...from "Sole to Soul"!

Mena



with Mena Westhaver, BSc.,
Professional Skating Instructor, Skate Canada, NCCP II
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'Striding' for Excellence since 1987

Founder of Sole Sisters Victoria...because i CAN!

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