



2010 Sun Run InTraining FAQ's



What is the Vancouver Sun Run? When is it?

The Vancouver Sun Run is an organized 10km run/walk that started with just a few thousand runners back in 1985. It has grown to over 59,000 participants making it the largest event of its kind in Canada and the second largest 10km event in North America. The Vancouver Sun Run will be held on Sun., May 9 2010.

What are the Sun Run InTraining Clinics? When are they?

SportMedBC in partnership with The Vancouver Sun is in its fifteenth year of coordinating "InTraining" clinics at over 70 recreation and fitness centres throughout the Lower Mainland including Bowen Island, Squamish, Sunshine Coast and as far reaching as Kamloops, Kelowna and Penticton. The "InTraining" clinics start on February 6/7, 2010 (Sat/Sun), and each day thereafter, depending on what day of the week your clinic is scheduled.

How long is the training program?

The training program is a 13-week tried and proven program. The focus is to have clinic participants training gradually in order to avoid injury and give the body time to adapt to the stress of running or walking. Participants meet once a week with their group and will be expected to train on two additional days interspersed throughout the week. The time allocated to each training session varies and will increase as the program progresses.

Who will be leading the "InTraining" sessions?

A Clinic Coordinator has been designated to each centre to ensure program delivery, quality and consistency. Each Coordinator is knowledgeable in the areas of health, fitness, organization and leadership, and is trained by SportMedBC to help clinic participants achieve their fitness goals. In addition, a team of trained, enthusiastic Volunteer Leaders will be available each week to assist the coordinator and motivate the participants. The Leaders have completed SportMedBC training and are CPR certified.

How much does it cost to join an "InTraining" clinic?

The cost to join is \$139 plus GST (total of \$145.95). Everyone joining the "InTraining" clinic receives an "InTraining" technical T-shirt, a copy of the Sun Run InTraining Logbook, entry into The Vancouver Sun Run (which includes a souvenir T-shirt) and 13 weeks of training and information sharing.

How old do you have to be to join an "InTraining" clinic?

All clinic participants must be 13 years of age or older. Participants between the ages of 13 and 16 must be registered with and accompanied by an adult.

Kids and Dogs: The InTraining group sessions are not conducive to bringing your dog or your child. Baby joggers are not permitted to accompany participants unless the clinic is advertised as a 'Stroller Clinic'.

Which level of InTraining is best for me?

InTraining offers programs to accommodate all levels of walkers and runners. The **Walk10K** will follow a nice progressive change-of-pace program with leadership accommodating beginner and experienced walkers. Participants should be able to walk comfortably for approximately 30 minutes before joining the program.

NordicWalk10K is also available at select clinics. If you are interested in learning to run, then the **LearnToRun10K** program is for you. This program will start out slowly (with more walking than running) and build up gradually until you are safely and comfortably able to either walk/run 10K, or run 10K, depending on how you choose to progress. If you have previously completed this program, and/or if you are already running for 30 minutes per session and you do this approximately three times a week, the InTraining to **Run10K Faster** will help you develop your endurance and perhaps "pick up" your pace. Within each of these different programs, there will be a variety of "pace" groups. Still not sure? The InTraining Leaders will assist you on the first day.

What can I do to prepare for my first InTraining session?

If you are a novice runner or walker, we recommend that you get out to walk a couple of times per week (20 – 25 minutes at a pace you feel comfortable with), prior to the start of the program. This will help with your transition to the clinic training schedule.

What can I expect on the first day?

All InTraining sessions will start on time! The first session is primarily one of orientation, however, come prepared to be active. You will be going out for your first workout (25 – 30 minutes depending on your group) so dress accordingly (think about layering your clothing rather than wearing one big sweatshirt or jacket). A hat and rain shell (as weather dictates) may also be useful.

Do I need to purchase new shoes?

A proper pair of running/walking shoes is critical! We strongly recommend investing in a good pair of shoes. A representative from Alliance Athletics will be on hand during one of the first few training sessions to provide detailed information on this topic.

Should I consult with my doctor prior to starting this exercise program?

If you have any medical concerns (such as a history of heart conditions, chest pain, dizziness), please consult your family physician to confirm your ability to start and participate in the program.

Why do I need to give you my medical history?

It is very important that you take care to completely fill out the medical form at the first session. Your Clinic Coordinator will be distributing these forms on your first day at the clinic. The information you provide will be kept confidential and is required in order to minimize risk and help us to best meet your individual training needs.

Do I need to complete an entry to the Sun Run?

YES! Registration for the Sun Run event is separate to your clinic registration. This must be done within the **first 3 weeks** of the clinic. Your Clinic Coordinator will instruct you on how to perform this online. With your InTraining registration you are guaranteed a spot in The Vancouver Sun Run.

Where do I register?

You need to officially register with your community centre. Please take the time to do this **PRIOR** to your first InTraining session (which will help us make your first day in the program go smoothly). Registration methods are different for each centre – in person, by phone or online. Please contact your preferred centre directly.

Late Registration

Space permitting, participants will be able to register for the clinics **up to and including the third training session**. Individuals will not be allowed to enter the program beyond this date. It should be kept in mind however, that those individuals who are not already active and have not been following the program, can significantly disrupt the group and potentially injure themselves trying to keep up. The Clinic Coordinator has the final say in regards to this.

Refund Policy

Refunds will be allowed up to and including the day of your **second clinic session**. Registrants who wish to withdraw and have attended the clinics will be eligible to receive a **\$100 refund**. Individuals who wish to withdraw and, for whatever reason, have not attended any sessions (and have also not received the InTraining Logbook) will be eligible to receive a **\$125 refund**. It is the **host centre's responsibility to issue refunds**. Participants withdrawing from the program **will not** receive an entry into the Sun Run. **REFUNDS WILL NOT BE ISSUED AFTER THE SECOND SESSION. NO EXCEPTIONS!!**

Corporate Team Participants

For those clinic participants that are also entering on a corporate team in the Sun Run – please register for the clinic and pay the registration fee as usual. The Sun Run office can provide a refund of the duplicated entry fee once your corporate team has been entered in the Sun Run. Please contact the Sun Run office and they will process the refund of your duplicate Sun Run entry fee. Your Corporate Team Captain will coordinate your Sun Run Event entry and distribute your race packages. The Sun Run office phone number is 604-689-9441.

Nordic Walking Clinics

SportMedBC is currently working on the expansion of the Nordic Walking program and will be offering **NordicWalk10K** at select community centers – Note: registration is limited. Participants will receive coaching from trained Leaders and the motivation of training with other Nordic Walkers. Participants will be required to come to the clinic session **with their own poles**. Poles will be permitted in the 2010 Sun Run. **For safety reasons, no poles will be allowed in non-Nordic walking clinics.**

For further information contact
SUN RUN 2010 Clinic Coordinator:
Michou Szabo
(250) 493-7394 or michouszabo@shaw.ca