



WELCOME MESSAGE

About this Clinic

- A clinic gift is included.
- Tues night 6:30 workout is included at Lynn Valley Community Rec Center. 3590 Mountain Highway at parking lot.
<http://www.northvanrec.com/facilities/rec-centres/lynn-valley.aspx>
- NSA has a discount for you. Tell the staff person that you are in the trail clinic when you make a purchase. (They have the best selection of trail shoes around.)
- Read your booklet. There are oral quizzes.
- Trail list explains where we meet each weekend. It is also posted on the website Home page. www.mountainmadness.ca
- You can switch between groups.

Safety

- You must sign in and sign out.
- Stay with a group (speed up or slow down).
- Carry a map.
- No dogs or headsets.
- Carry water and fuel (gels, bars, fig newtons, etc.).
- Take care of each other.
- Bears: if you sight a bear, back away, do not run. If the bear gets aggressive, you get aggressive; throw rocks in its general direction, make noise!
- Antiseptic wipe is handy for scrapes.
- Carry allergy kit, puffer, let us know if you carry an epipen.
- Be ready for weather (keep warm gear in car so you can dress accordingly).
- On your own, let others know your route and stick to it.

Trail Etiquette

- Give way to others.
- Stay on trail.
- Uphill gives way to downhill.
- Leave NO trace.
- Bury the evidence.
- To pass, say 'tracking' or 'passing on your left'.

About Trail Running

- Get muddy, run through puddles.
- Runs take longer, expect to be out there 40% longer or more depending on terrain.
- Keep the morning open for the run and don't plan anything that will make you stress about getting back.
- No steady rhythm.
- Power hike the hills.
- Trail community is small; you will soon know people.
- Trail maintenance is important. Volunteer when you can. Learn to build boardwalks!
- Trail running will build strength.

Trail Technique

- Avoid obstacles, use an economy of movement.
- Avoid slippery surfaces.
- Run 'light' on your feet. This allows you to be responsive to changing terrain.
- On uphill, use your arms and power hike.
- Downhill, for control use a shorter stride, don't lean back.
- Keep distance between you and the person ahead of you so you can see the ground.
- Core strengthening helps with trail running.

What We Cover

- Technique, stretching.
- Safety, animals.
- Nutrition (fuel).
- Gear, shoes.
- Injury prevention.
- Navigation.
- Training program.
- Race strategy.
- Homework! Like ankle exercises.

Facebook link

<http://www.facebook.com/pages/Mountain-Madness-Trail-Running-Clinics-and-Races/268441909859167>