

Get Fit in a Friendly Way
Learn to Run 5 km in 9 weeks
Course information - 2012



Dates, times and venues

Each training session is between 30 and 45 minutes. Ensure you are ready to start at the time indicated below, so we can use the time to the full.

All sessions are held at the Napier City Rovers club rooms, Clyde Jeffery Avenue, Park Island, Napier.

Sessions will go ahead, rain or shine.

Week 1	Wednesday 1 February 6pm	Sunday 5 February 8.30am
Week 2	Wednesday 8 February 6pm	Sunday 12 February 8.30am
Week 3	Wednesday 15 February 6pm	Sunday 19 February 8.30am
Week 4	Wednesday 22 February 6pm	Sunday 26 February 8.30am
Week 5	Wednesday 29 February 6pm	Sunday 4 March 8.30am
Week 6	Wednesday 7 March 6pm	Sunday 11 March 8.30am
Week 7	Wednesday 14 March 6pm	Sunday 18 March 8.30am
Week 8	Wednesday 21 March 6pm	Sunday 25 March 8.30am
Week 9	Wednesday 28 March 6pm	Sunday 1 April 8.30am
Week 10	Wednesday 4 April 6pm SPECIAL EVENT	

Expectations

Participation in each training session is important if you wish to achieve the goal of running 5 km. However, if for some reason you are unable to come to a session, please advise one of the coaches (contact details at the end of this information sheet).

In addition to the supervised training sessions above, you are expected to practise by yourself for 30-45 minutes each week. A programme for each week's practice session will be given to you at the Wednesday training sessions.

Fees

The fee for the course is \$20 and must be paid in full at registration. This fee includes:

- All supervised training sessions;
- A programme for each week's unsupervised training session;
- Participation in a special event on the final day of the course; and,
- If you complete the course: free membership of Run Walk Hawke's Bay until 31 July 2012.

If you complete the course you will also go in a draw to win a worthwhile prize.

Through the duration of the course, Run Walk Hawke's Bay is organising some social activities. Course participants are invited to participate in these activities. More information will be provided at the training sessions. An additional fee may apply.

In the event of an "ACT OF GOD" conditions causing a cancellation of one or more sessions of the course, the registration fee is NOT refundable.

Fitness and Health

Some basic fitness, e.g. being able to walk briskly for 30 minutes or more, will help you succeed in the course. You do not need running experience. If you have, or are unsure if you have, a health condition that may affect your ability to run, please ask your doctor if this course is right for you.

You take part in this course at your own risk. Run Walk Hawke's Bay will not be responsible for any fitness or health issues you may encounter as a result of taking part in this course. We may recommend you to join our walking group if running seems one step too far for you at this stage.

Safety

While the coaches will take every precaution to ensure that the training sessions are safe, it is your responsibility to guard your own safety. We will cross roads and sometimes run on roads during the sessions. Be aware that road rules apply at all times and there are no road closures.

Indemnity

Neither the organisers of the course nor Run Walk Hawke's Bay shall have responsibility for any liability, financial or otherwise, which might arise whether or not by negligence from any direct or indirect loss, injury or death which might be sustained by you as the participant or any other party directly or indirectly associated with you, from you intended or actual participation in the course or its related activities.

Showers

Showers are available after the Wednesday night sessions only.

Contacts/Coaches

Your coaches are:

Joff Hulbert – (06)8449472

Elly Govers – (06)8452533

Kevin Clarke – (06) 976 0705

Ron Wareham – (06) 8440655

e-mail contact: info@runwalkhb.org.nz

About Run Walk Hawke's Bay

Run Walk Hawke's Bay is a long-standing running and walking club that aims to motivate and assist people to run or walk within their capabilities.

Although the walking and running we do will always come at number one, Run Walk Hawke's Bay considers the aspect of enjoying this activity in a social environment with others as an important second.

We cater for both walkers and runners and both groups split up into subgroups on our weekly runs and walks, depending on your capability and ambitions. People of all ages and fitness levels are welcome.

For more information about our club, go to www.runwalkhb.org.nz

