



with Mena Westhaver

Proudly Presents...



The 2012 Women's ONLY Walk/Run Clinic!

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!

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>

The Program:

This program has evolved over the years to what I 'think' is an effective finished product for each of you. The program has many options – in fact as many options as there are participants. You will see in your NEW 2012 Sole Sisters handbook many program options in ink, however, please know that adaptations will be made to increase your personal challenge or accommodate your pace if and when needed.

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 the 10k distance. This clinic and its structure will help you complete the 10k distance in 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 of 10 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!

What groups will be offered?

There will be as many groups as we need for the participants. The group definitions listed below are only to be used as a guide, a starting point for you. They will each naturally subdivide again and maybe even again to accommodate the many different levels that will shine through each of us.

Walkers – this group will range from first time walkers to those interested in power walking with the goal of finishing a 10k distance in a faster time than the last!

Within this group we will have:

- **First Time Walkers** - those that are walking 10ks for the first time
- **Power Walkers 1** - walkers that have already been actively walking on a routine basis and wanting to continue to work on their walking endurance and experiment with methods of increasing pace through proper form and technique.
- **Power Walkers 2** – Those individuals that have walked a 10k distance before and are looking at learning how to increase their pace through safe and effective power walking. This group will be designed for the more experienced walker and ‘walked’ at a faster pace.

Newbies - This group will be designed for those individuals that have never run before and are looking to try out running! We will use a method of introducing run portions combined with walk portions... over time your run portion will increase as the walk increments decrease ending the clinic with a program that has you running/walking in a 10min/1min combination to complete 10 kilometers! Within the Newbie group we begin by dividing into two sub groups:

- **Newbie Newbies** is a group designed for individual that are new to any type of physical activity.
- **The First Timers** are for individuals that are currently participating in some other type of cardio activity; for example you may cycle, play tennis or skate – you do something active already on a regular basis...however you have never run before.

Rebounders - For those of you that have ‘been there done it’... but yes doing it again! This group is designed for those of you who have run in the past from time to time. You do not feel like you need to start at zero but would also prefer to begin with the run/walk combination option. Your run portions will be longer than the ‘Newbie’ group and eventually you will be only running. You are currently active in some type of activity.

Frontrunners – For those of you who have ‘been doing it, never stopped doing it and want to do it better’. This group is designed for the runner who has been running consistently right up until this clinic start date and can run comfortably for 30-40 minutes without stopping. It doesn’t matter at what speed... it’s at YOUR comfort level...but you are comfortable running non-stop for this time period. This group will work on strategies to increase your overall speed, strength and endurance with the end result of increasing your 10k pace while running the complete distance.

Lastly, but never to be forgotten... the ‘DETERMINATORS’!

Introducing the group that no one can stop! This group is determined to ‘get across the line’ even if it means on one foot... crawling... they will never give up. Yes ALL the groups are determined however, this group is designed to provide an option when you may be feeling challenged beyond your ‘wants’. This group is the perfect choice if you are recovering from an illness, an injury or just wanting a change. Having said that, it is still a challenge... and is still a motivating active group. There may be unwritten rules

and formulas but believe me they are working! Typically this group is introduced in week 4-5... or as soon as needed!

Common questions asked about the ‘groups’:

1. **Can I switch from group to group or am I stuck in my group once I pick?**
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.
2. **I feel like I can’t keep up... should I quit?** NO... there is an option for you!
Remember the Determinators! Read above...
3. **I am a walker? Is that okay if I just want to walk?** Yes, absolutely! Please note that the walking groups described above are for people that want to be ‘athletic walkers’! YES walking is a sport, it is athletic and it is a wonderful way to be physically active!
4. **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 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. 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.
5. **How can I get some Sole Sister Swag to wear?** Check on line at www.solesistersvictoria.ca for a ‘flyer’ of options to purchase (to be updated soon to reflect 2012 NEW clothing options)... you can complete an order form and mail it in to the address listed or simply bring it to the clinic. Cut off order dates will be posted.

The Weekly Class:

Each Tuesday we will come together to take some time out for ourselves. We will begin with a breathing exercise, go over any necessary information that needs to be covered, participate in an educational component, participate in an interactive and safe warm-up, walk or run in your group of choice and end with a proper cool down and stretch. We will also have many guest speakers that will be coming to visit our group and share their experiences, knowledge and expertise in their area of health and wellness.

Program Dates, Times & Details:

The class will begin on Tuesday, January 24th and will walk or run for 14 weeks (yes – a week of rest has been added to the 2012 clinic) from 6-8pm at St. Joseph’s School Gym located at 757 West Burnside Road at the corner of Burnside Road West and McKenzie Avenue. Parking is free, however car pooling is greatly encouraged as space is limited! Parking is also permitted in the Spectrum School parking lot except on dates noted (I will tell you when those are as dates come near). You can park anywhere in the front or back

parking lot at the St. Joseph's gym. Enter the building from the front of the gymnasium – you will see the 'sister' signs that line the walkway alongside a tall hedge down a paved sidewalk.

Please do your best to register by January 17th so you can receive the pre-clinic information and recommendations... yes your 'training' for the clinic!

Other Dates to Note:

Sunday, January 22nd – Leadership Training Session for all returning and NEW leaders! Yes every year we are looking for a couple of new leaders... if you are interested please contact Mena directly at solesistermena@telus.net

Monday, January 30th –Shoe Fit Night at Frontrunners Downtown (date changed)

Monday, February 6th –Bra Fit Night at Frontrunners Downtown

Saturday, March 10th – Esquimalt 5k event

Friday, April 27th – Sole Sister Expo and TC 10k event race package pickup

Sunday, April 29th – TC 10k Event... and our very own Kids 1.5k event at noon!

Tuesday, May 1st – Sole Sisters 2012 Clinic End Party

Tuesday, May 8th – Sole Sisters Sequel begin?!?!?!?

What is the TC 10kEvent?

The TC 10K event is one of the largest 10k road race events in Canada. This year it will be celebrating its 23rd year of existence on Sunday, April 29th... an event that brings over 15,000 people to their feet to complete the 10k distance. Wheelchair athletes, walkers and runners of all shapes and sizes, both professional athletes and recreational participants sweat through the excitement of the crowd, the entertainment along the way and experience the thrill of crossing the finish line.

This clinic is designed to prepare you to complete a 10k. Although you are not obligated to participate in this event, I highly recommend you consider it... it is very exciting, rewarding and a great way to celebrate your 14 weeks of hard work!

If and when you do register... PLEASE register into the 2012 SOLE SISTERS VICTORIA Team group... yes we are the FIRST group in the listing of registered teams.

As Sole Sisters, register under 'individual registration' however, when you get to the question club/team or school name go to the scroll down option and you will see 2012 SOLE SISTERS VICTORIA near the top of the list. **Early bird registration is effective until January 31st and is set at \$35. Regular registration is between Feb. 1st and March 23rd with a price increase to \$40 – this is also the cut-off date for team registration. The price continues to go up as the event date approaches.** This entry fee includes your registration into the TC event, your TC 10k event shirt that will read SOLE SISTERS on the back and your refreshments after you cross the line on April 29th. Our clinic leaders will be there ready to endure the distance with you! You can register at www.eventsonline.ca/events/tc10k today - our 2012 SOLE SISTERS VICTORIA Team is all set up and accepting registrations now!

Housekeeping:

Please ensure that you have read, completed and signed the PAR-Q Form (the physical activity readiness questionnaire). 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 ensure you have completed your registration form in full and return it to me with payment prior to the clinic start date.

Lastly, please don't forget to indicate your shirt size of preference! I want everyone to feel great in their new shirt!

On the first day of class don't leave without your 'NEW' Sole Sisters Handbook... to be used as your personal diary of your 'Sole Sisters' experience. This handbook will also have the complete Sole Sisters programs within the pages. PLEASE do not read ahead into future weeks as it can really appear to be scary! Your body will adapt as we move into the program and YES you will be ready once you get there

What should I wear?

Dress comfortably and appropriately for the weather. Yes, our first 6 weeks will be in the dark...' light yourself up' so you will be seen while out on the sidewalks.

Do I need shoes? Where should you go? A proper pair of running shoes or walking shoes is imperative to a successful, safe and comfortable program. If you aren't sure if your shoes are appropriate, go visit Rob & his team at Frontrunners and tell them you are a 'Sole Sister' with Mena and you will receive 10% off any shoe or clothing regular priced item. OR even better – email Rob at rob@frontrunners.ca to book your personal shoe fitting experience! Frontrunners is located at 1200 Vancouver Street (250-382-8181). They are proudly sponsoring our women's walk/run clinic!

Mark Thursday, January 17th 7pm on your calendar – FRONTRUNNERS will be hosting a bra and shoe fitting night for the Sole Sisters to prepare you for your first clinic night!

Do I need to start working out before the clinic?

If you have not been active for some time, it is not necessary that you set out to try to run 10k before the clinic! 'Cramming' does not work and typically ends in injury. However, if you have been completely inactive for quite some time, this is a great time to begin going for light walks, sneak in some stretches every day and book a check up with your medical professional. If you have any medical concerns (such as chest pain, dizziness, respiratory concerns) please consult your family physician prior to starting the program.

Childcare Services:

I am thrilled to offer the option of childcare services for our women's clinic. For children 2.5 years (diaper'less') to 10 years of age. There is a designated hall space where the kids

will be in the presence of three leaders while they enjoy some craft time and play games. Once the women's group is out on the road, they will move into the gym and participate in fitness "Mini-Soles" (yes some light running!) for a short period of time followed by some interactive fun games. They (your children) will be there ready for you when you return from your workout.

How to book a spot: Please email me asap to book your childcare as space will be limited. Yes you may book and pay in advance to ensure both you and your child(ren) are ready to go every Tuesday. I will have you complete a childcare form and ask that you do not leave the clinic that night with your child until you have signed him or her out. Our childcare givers will be trained in CPR and be given some basic first aid training. Childcare providers will have criminal record checks completed if over the necessary age (17 years) and will also review child protection issues and care concerns prior to the first clinic date.

Cost: \$6/per child per clinic night to a max. of \$12/family. I have done my best to make this affordable for those who are in need of childcare. I want this service to help you out!

A couple of 'rules of play'

- Please do not bring your dog... sisters ONLY!
- 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 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 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
Trainer of Trainers, BCRPA Fitness Level IV
'Striding' for Excellence since 1987

skatewithmena@telus.net

www.solesistersvictoria.ca

home: 250-727-0862

cell: 250-415-5983

solesisterna@telus.net



FRONTRUNNERS

Supported proudly by Rob Reid & his FRONTRUNNERS team in downtown Victoria...
Thank YOU! 1400 Vancouver Street, 250-382-8181