

**HALF MARATHON TRAINING CLINIC**

This 12-week program is specifically designed for anyone who wants to compete in their first half marathon or improve on their previous race with a focus of getting you ready for the BMO Vancouver Half Marathon, in May 2012. Participants meet Tuesday evenings with optional weekend runs throughout the program, which also includes special training seminars on non-run days. Clinic instructor, Christine Blanchette who specializes in marathons, having completed the Boston Marathon herself, will provide you with enthusiastic coaching and guidance. This program can also benefit participants looking to enter an ironman or ironwoman triathlon.

**Fall Information**

Section I - 12 sessions  
 Location: SRC  
 Sep 13 - Nov 29  
 Tue 5:00 - 6:30pm  
 FREE CLASSES Sep 13

**Winter Information**

Section I - 12 sessions  
 Location: SRC  
 Jan 10 - Mar 27  
 Tue 5:00 - 6:30pm  
 FREE CLASSES Jan 10

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Fall	\$87	37921	\$94	37917	\$99	37925
Winter	\$87	37923	\$94	37919	\$99	37916

**CHECK OUT THE RE)(ERCISE SERIES ON P. 8 IF YOU'RE  
 LOOKING FOR A FUN ACTIVITY EACH WEEK!**



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**UBC REC SUN RUN TRAINING CLINIC**

UBC REC Sun Run Training Group includes registration in the 2012 Vancouver Sun Run as a part of UBC REC. Our progressive change-of-pace program with professional and experienced leadership can accommodate all fitness levels from the beginner to the experienced. Participants should be able to walk comfortably for approximately 30 minutes before joining this program.

**Winter Information**

Section I - 12 sessions  
 Location: SRC  
 Jan 14 - Mar 31  
 Saturday 9:30 - 11:00am

Term	UBC Student		UBC Staff/Faculty		Public	
	Price	Course ID	Price	Course ID	Price	Course ID
Winter	\$139	37944	\$144	37942	\$149	37940

Instructional classes are subject to change due to facility availability & enrollment. Not all classes are offered every term. All prices include applicable taxes.