



Some of our clinic members enjoying a well-deserved burger at our wrap-up barbeque!

Join Now!

First: _____ Last: _____

Address: _____

Phone (Home/Cell): _____

Email: _____

Saucony Shirt Size: _____

8km (\$70) _____

Half Marathon (\$70) _____

Have you been a part of our clinics before?

Yes_ No_

Goal for the Clinic:

Who Are We?

About FitFirst

FitFirst Footwear is brought to you by the same people who have made LadySport a Vancouver success story since 1983. FitFirst provides active people with a complete selection of more than 100 models of athletic shoes and specialized sports apparel and accessories. Located in the heart of Burnaby's sport district, FitFirst puts an emphasis on the importance of proper fitting, which will be done by specialized and knowledgeable staff.

Have questions? Contact Us!

Phone: 604-299-8851

Email: info@fitfirst.ca

Web: www.fitfirst.ca



FitFirstFootwear



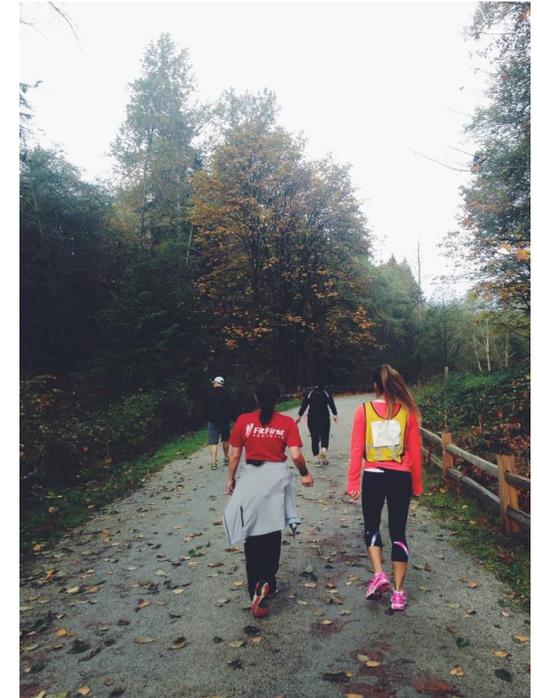
@FitFirststore



FitFirst Footwear

FITFIRST FOOTWEAR SPRING 2015 RUN CLINIC

3713 Kensington Avenue
Burnaby, BC
V5B 0A7



FITFIRST FOOTWEAR SPRING 2015 RUN CLINIC

#FitFirstSweatLater



Official Training Clinic for the BMO Vancouver 8k & ½ Marathon Races

In partnership with Saucony we are excited to train for Vancouver's best race on May 3rd 2014! To register head to bmovanmarathon.ca!



Clinic Overview:

Looking for a way to stay active and meet new people? Our run clinics accommodate runners of any level. Whether you are someone looking to improve on a race time, or an individual who enjoys a mixture of running and walking, we definitely have the right pace group and run leaders for you.

The clinics provide a fun, social atmosphere for all and we stand by our personal belief, "no runner gets left behind." In our clinic

When: Every Sunday from January 18th-April 26th @ 9am

Where: Meet at the FitFirst- 3713 Kensington Avenue, Burnaby, BC (inside the Fortius Centre)

"Running is the greatest metaphor for life, because you get out of it what you put into it."



Group pictures from previous run clinics

This clinic is set up to help you:

- ✓ Run, walk or run/walk consistently and regularly
- ✓ Successfully complete 8k or ½ marathon
- ✓ Achieve your personal best & challenge yourself
- ✓ Get fit and stay fit
- ✓ Meet new runners and have FUN
- ✓ Provide homework run schedule

Members also receive great perks throughout the clinic:

- ✓ 15% discount @ FitFirst for the duration of the clinic
- ✓ A Saucony #runstronger t-shirt
- ✓ Weekly prize giveaways
- ✓ Regular health talks
- ✓ Experienced run leaders
- ✓ Entry to a draw for a free race registration
- ✓ Shoe try-ons