

**“Run Your Best Marathon”** – A clinic presented by the London Pacers Running Club

**Saturday October 28, 2017, 9 AM – 3 PM, with an hour lunch break – the documentary “No Tomorrows” will be shown for those who bring a lunch and stay**

**Lambeth United Church – 4268 Colonel Talbot Rd, London, ON**

**Cost is \$30**

In its 46st year of operation and in keeping with its ongoing contribution to the running culture in London and surrounding areas, the London Pacers are offering a marathon-running clinic to any individuals seeking valuable, take-home information in a fun setting. The money raised from the clinic is in aid of the Pacers masters cross-country runners competing at the Canadian Championships in Kingston, ON in late November.

Runners or walkers of all abilities will find something of value. Whether you are an experienced marathoner, or are dreaming of doing your first one.

The clinic will include:

- Picking the race
- Preparation
- Fueling your run
- Running the race
- Finding inspiration
- Special guests
- Lots of information to take home
- Morning coffee and snacks

The clinic’s principal presenter is Sherry Watts, who has coached marathoners for 20 years, and possesses NCCP Level 4, NCI Diploma in High Performance Coaching, RRCA Level 1, USTFCCA Endurance Event Specialist Certification, FaCT Canada Lactate Testing, and COC Video Technical Specialist certifications.

Through this clinic, you may go on to Video Form Analysis – which seeks to improve your running economy and help prevent injuries with better form. The cost is \$25.

For more information, and to register for the workshop, please email [londonpacers@yahoo.com](mailto:londonpacers@yahoo.com) or contact Sherry at 519-858-9880.