

FOR THE LOVE OF RUNNING

CROSS-COUNTRY RUNNING IS ONE OF THOSE SPORTS THAT YOU CAN ENJOY FOR A LIFETIME, YOU GET HOOKED.

THERE IS NOTHING QUITE LIKE THE FEELING OF RUNNING A PEACEFUL TRAIL OR THE THRILL OF RUNNING YOUR FIRST MARATHON.

ONE DAY YOU JUST DECIDE... THIS IS MY SPORT... I FEEL BETTER ABOUT EVERYTHING WHEN I RUN.

**BROOKSIE
HEAD-COACH**



the beast **INSIDE**

FIREFOOT RUNNING

 FIREFOOT RUNNING

1493 JEANNE D'ARC ST
HANMER, ON P3P0A2
705.593.2132 PHONE
brooks@rainbowschools.ca



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TRAINING ROUTINES INSPIRED BY NORTH AMERICAN GREATS



5 CROSS-COUNTRY TRAILS
TRACK AND INTERVAL TRAINING
PACE TRAINING
WEIGHT TRAINING
PLYOMETRICS TRAINING
HILLS TRAINING

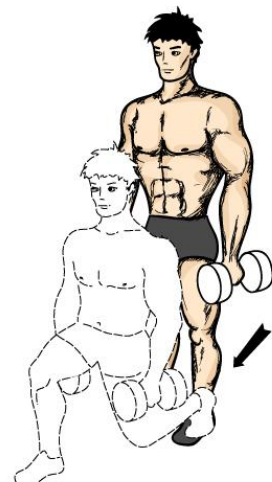


RUNNING TECH

HEART RATE MONITOR
KEEPS ATHLETES IN
THEIR TRAINING ZONES
PREVENTING BOTH OVER
AND UNDER TRAINING

SLOW MOTION VIDEO
ENSURES PROPER
TECHNIQUE AND THUS
RAISES SPEED AND
PREVENTS INJURIES

PLYOMETRICS
ENCOURAGE EXTRA
STRENGTH, SPEED AND
PREVENT INJURIES



I RUN TO SEE WHO HAS THE MOST GUTS ~STEVE PREFONTAINE

AGE GROUPS

BANTAM

13 YEARS OR LESS AS OF DEC 31ST IN YEAR OF COMPETITION

MIDGET

14-15 YEARS OR LESS AS OF DEC 31ST IN YEAR OF COMPETITION

YOUTH

16-17 YEARS OLD AS OF DEC 31ST IN YEAR OF COMPETITION

JUNIOR

18-19 YEARS OLD AS OF DEC 31ST IN YEAR OF COMPETITION

SENIOR

20 YEARS OR OVER AS OF DEC 31ST IN YEAR OF COMPETITION

**ANTI DOPING POLICY ENFORCED
DOPING / SMOKING / DRUGS PROHIBITED**

TEAM MENTALITY

NO RUNNER IS CAPABLE OF WINNING A DIVISION
ALONE. WE PRIDE OURSELVES ON PROVIDING AN
ACCEPTING ENVIRONMENT THAT VALUES PEOPLE
ABOVE ALL ELSE



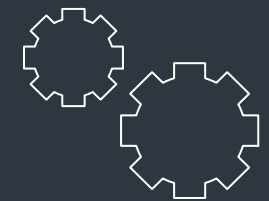
LONG TERM HEALTH BENEFITS

REDUCES WEIGHT AND WEIGHT GAIN
RELIEVES STRESS
RELEASES ENDORPHINS (FEEL GOOD HORMONES)
GROWS CONFIDENCE
BUILDS STRONG BONES AND MUSCLES
REDUCES THE RISK OF HEART DISEASE
PREVENTS TYPE 2 DIABETES
LOWERS RISK OF BREAST, UTERINE AND BOWEL CANCER

\$110

PARTICIPATION FEE

INCLUDES:
TEAM JERSEY
2011 CARDING OF ATHLETE
USE OF TRACK
WEIGHTROOM ACCESS
SLOW MOTION FOOTAGE
HEARTBEAT MONITOR
COACHING



SUGGESTED GEAR

TEAM JERSEY
CROSS-COUNTRY SHOES
RUNNING SHORTS
WARMUP SUIT
DIGITAL TIMING WATCH



CROSS-TRAINING

HOCKEY
SOCCER
FOOTBALL
RINGETTE
BASKETBALL