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## WHAT ELSE SHOULD I KNOW

- 1 . Health check** – Before starting any new exercise program, you should check with your doctor first.
- 2 . Waiver Form** – All members are required to sign a waiver form
- 3 . We are all unique** – The club is for all levels of skill and abilities.

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## GROUP RUNS

**Thursday evenings 7pm:** Starting at Cleves in Kentville. George Graves / Manager has agreed to offer RAV a place to meet, store your things and an area to warm up, cool down and stretch after a run. We will be offering more group runs and various *Learn To Run* programs throughout the year.

**Please check the website on a weekly basis to ensure particular runs are still on. We update the site weekly and advertise upcoming special events.**

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## SOCIAL NETWORKING SITE

We have a great way to connect with those who run at your pace. Get together with others during the week when there is not a scheduled group run. Our site helps you plan your training and it is a great way to meet others who are out running too.

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## AT FEES YOU CAN AFFORD

The cost for joining is your commitment to improving your health and lifestyle, and promoting fitness through running; through any activity for that matter. That is a cost we all need to pay.

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## CONTACT INFORMATION

Want to be a volunteer? If you are interested in volunteering for any upcoming races this year, please contact us. If you have an interest or experience in planning and organization and want to get involved – contact the planning committee through our website.

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## RUN ANNAPOLIS VALLEY - RAV

## COMMUNITIES RUNNING FOR BETTER HEALTH

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*Discovering the Valley.....*



### **Run Annapolis Valley - RAV**

[www.runannapolisvalley.com](http://www.runannapolisvalley.com)  
[www.annapolisvalleyrunningclub.ning.com](http://www.annapolisvalleyrunningclub.ning.com)

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*.....ONE STEP AT A TIME.*

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[www.annapolisvalleyrunningclub.ning.com](http://www.annapolisvalleyrunningclub.ning.com)

## THE PURPOSE

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...active lives in the Valley through running.....

## WHO WE ARE

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Run Annapolis Valley (RAV) is made up of people with a strong desire to run for pleasure and/or to compete. We do have some members/volunteers who make sure events like workshops and clinics and meetings are offered, as well as social times to share stories and talk about each others progress and goals.

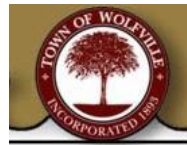
We also seek to plan and hold races that are not only for the serious runners. Most of all, they are for the average runners *and walkers* who enjoy the friendship and social life of road running events. Every race should be viewed as a fun run; even the person who crosses the finish line last is celebrated as much as the one who just happens to get there first!

RAV is not a club or an organisation that promotes only running races, although we support those and encourage others to participate so they can see how they improve their own times and fitness levels. Our view of a race is not to win or to try to beat other runners. Running a race is about the love of the sport and simply finding out how you are doing based upon only your time and the course. It is you against the nature of the distance. It tells you how you are progressing in fitness.

## LOCAL SUPPORT

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The Village of New Minas, the Town of Wolfville, the Town of Kentville, Valley Harvest Marathon Association, Blomidon Fitness Country Connection, Cleves in Kentville, Run Nova Scotia and the Running Room have all be incredibly supportive of this initiative. Without the local support of such organizations, a running club in the Annapolis Valley may not have been possible.



## WHAT WE CAN OFFER

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Group Runs, Special Events, Training Schedules and much more. RAV is about bringing people together throughout the region who simply want to run and get to know others – running alone if fine, but RAV tries to give members the chance to share that joy through group runs and that can be a group of 2 or 200.

We will offer clinics on health and the proper running shoes, on eating and healthy lifestyles, on the way to train or workout to get the most out of your training time and to avoid those nasty injuries.

We are also here to serve those who are part of RAV and we ask everyone to offer their advice and suggestions for events, clinics or simply what we can do better. The people who volunteer to “run” RAV are not the people who run RAV. People, members, sponsors – those are the people who make RAV work!

## WHAT YOU CAN OFFER

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- Volunteer to help organize local running events
- Bring a positive spirit to the group runs
- Promote active healthy living in your community
- Bring a friend