

GET *OUT* THERE

summer skills clinics

in partnership with



WIN

A \$250 SALOMON SHOPPING SPREE!

Register for a clinic by August 1, 2009 and you'll be entered into the Grand Prize draw for a \$250 shopping spree at the new Salomon Toronto store!

Introduction to Adventure Racing

Thursday, August 13 6 - 9 p.m.

*Register for a chance to win a free team (4 people) entry into Salomon Storm the Ten Adventure Relay on September 19th.

Learn the A,B,C's of adventure racing from gear planning to race day nutrition tips, to training and strategy. This clinic will teach you everything you need to know to compete in your first adventure race - and cross the finish line smiling. This is primarily a classroom clinic.

Introduction to Trail Running

Thursday, August 20 6 - 9 p.m.

*Register for a chance to win one of two free entries into any Salomon 5 Peaks Trail Running Series event!

Move from roads to trails safely. This clinic will provide you with an overview of trail running - including safety on the trails, proper footwear, tips for running over rough terrain, and more. This clinic will include a fun local trail run that will allow you to practice the skills you've learned (runners of all speeds welcome)!

Introduction to Orienteering

Thursday, August 27 6 - 9 p.m.

Campers, wannabe orienteers and adventure racers will benefit from this introductory clinic. Learn how to set declination, use a map and magnetic compass and how to recognize features on a map and in real life. This clinic will take you outside into the woods to practice your orienteering skills.

*Register for a chance to win one of five entries into the Peak-2-Peak Salomon Adventure Running Training Race this fall.

\$30/clinic
(\$27 each for 2 clinics, \$25 each for 3 clinics)

Clinic includes 3 professionally instructed clinic hours, entry into prize draws, and a special gift from Salomon.

Location: Salomon Toronto • The Shops at Don Mills (corner of Lawrence & Don Mills) • Toronto
www.salomontoronto.com

Call Diane at 416-904-1590 or email info@getouttheremag.com to register.