

Camrose Ski Club Run Report:

This season has seen some big growth in the running portion of our club! As run club director I strive to ensure we have opportunities to push ourselves, while also being inclusive to runners of all levels. This year I think we have continued to improve in these goals.

This year we brought back an old program focused on helping athletes try out running, or return to running safely. Our “Learn to Run for Fun” program had 22 athletes sign up to try their hand at running. We focused on good running form, how to run hills efficiently, how to pick high quality shoes, and a variety of other topics. We also trained as a group twice a week focusing on building our endurance safely over an 8 week period. This group is “graduating” by running the Ole’s Spring Runoff!

The Ole’s Spring Runoff has also seen really solid registrations! The small committee that organizes this run have been working hard for months now to ensure all the pieces are in place for another great event!

Run Like Ole cross country is in its second year! This is in partnership with the Vikings Athletics club and the Ole Heie Foundation. Every Monday night (except for the long weekend Monday) we meet for a race on some excellent trails that we have to offer in Camrose. This is a fantastic event for the fast runners, and the athletes looking to try out some new trails! Everyone is welcome and the atmosphere is electric.

Moving forward I hope we can continue to grow some programming for athletes. Next year I would like to see an intermediate group for people to continue their running journey, as well as offer the Learn to Run program again. We are very fortunate to have excellent facilities, and knowledgeable volunteers in our club, so why not share that with as many people as we can!

-Daylan Wizniuk
(Run Club Director)