

Free Fitness Clinics/Training Runs

All runners are invited to a free 10-week series of Saturday morning fitness clinics/training runs put on by area fitness experts.

All clinics except Sept. 4 will be held at 7 a.m. at the Owen Park tennis courts in Eau Claire, followed by an optional 7:30 a.m. training run of 5, 10 or 15 miles. The Sept. 4 clinic will be held at 11 a.m. in Carson Park following the Buckshot Run 2-Mile.

Aug. 21 – “Training Basics for All Distances,” by Karen Schoenrock, UW-Eau Claire 5K and 10K school record holder and 10K national champion; U.S. Olympic Trials marathon qualifier; 4-time winner of both the Buckshot Run 5-mile and Carson Park 10-mile.

Aug. 28 – “Tips on Choosing the Right Running Shoe” by Kevin Larson, Scheels sport shoe manager and UW-Eau Claire All-American runner.

Sept. 4 – (11 am at Carson Park following the Buckshot Run 2-Mile) “Hardscrabble Hills and Other Tips for a Lifetime of Running” by Dan Conway, world-record-setting master’s runner; long-time cross-country coach at Chetek High School and current coach at Superior High School; master’s PRs of 30:26 10K at age 44; 2:23:07 marathon at age 45; 1:20:14 half-marathon at age 60.

Sept. 11 – “Improve Performance and Avoid Injury with Proper Pre- and Post-Run Stretching” by Jennifer Rees, physical therapist at Marshfield Clinic-Chippewa Center.

Sept. 18 – “Tips on Developing a Training Plan” by Dan Schwamberger, UW-Eau Claire men’s and women’s cross-country coach—defending NCAA Div. 3 women’s national cross-country champions; All-American runner at UW-Stevens Point.

Sept. 25 – “Avoid Injury with Proper Running Technique” by Brent Amble, athletic trainer at Marshfield Clinic-Eau Claire Center.

Oct. 2 – “Interactive Demonstration of Self-Myofascial Release/Self-Massage with a Foam Roller” by Cheri Dostal, NASM certified personal trainer and owner of Evolve Wellness LLC. Foam rollers available for sale.

Oct. 9 – “Pilates and Plyo-metrics Exercises for Better Running” by Deb Begotka, Eau Claire YMCA fitness instructor.

Oct. 16 and 23 – Clinics TBD.

Help Raise Funds for the UW-Eau Claire Cancer Recovery and Fitness Program

Motivational Carson Park 5 & 10 training wristbands will be for sale at the clinics, with all proceeds going to UW-Eau Claire’s Cancer Recovery and Fitness Program for the purchase of exercise equipment. The free program is offered through the UW-Eau Claire kinesiology department and its students to help cancer survivors regain strength and well-being through exercise after cancer treatment.

2010 Carson Park Five & Ten



Carson Park 10 Mile & Half Moon 5K

Saturday, October 30, 2010
Carson Park • Eau Claire, Wisconsin

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