

# sight night

*presented by Flaman Fitness*  
it's a fun run after dark ..... vision optional!

## **INVITATION TO REGISTER FOR THE EDMONTON FLAMAN FOUNDATION *sight night* TRAINING PROGRAM**

**sight night** is a fun-run fundraiser in support of ASRAB – the Alberta Sports and Recreation Association for the Blind, which promotes healthy lifestyles for visually impaired Albertans through the provision of competitive sport and recreation opportunities.

We are excited to announce that ASRAB will be offering a comprehensive, 8-week training program in Edmonton which is open to any ASRAB Member (sighted or visually impaired) who is interested in getting fit and having a great time. The goal of this year's program is to assist registered ASRAB Members to prepare themselves to participate in the Calgary **sight night** Fun Run. Edmonton will experience it's own **sight night** Fun Run in support of ASRAB in September 2012. It doesn't matter whether your goal is to walk the 3 kilometer course on **sight night** or to run the 8 kilometer course...the Flaman Foundation Training Program will teach you how, and prepare you to accomplish your goal on Saturday November, 19th.

Participants in the Flaman Foundation Training Program will meet together each Sunday afternoon during the eight weeks leading up to **sight night** and will be introduced to a wide range of topics relating to this form of training including:

- introduction to your personalized eight week training program
- overview of the right footwear and clothing needed
- stretching techniques
- nutrition
- running with a guide
- how to train during the week.

The Flaman Foundation Training Program will begin on Sunday, September 18th at 2:00 P.M. at the Kinsmen Fieldhouse. Participants should be prepared with appropriate outdoor/indoor clothing and footwear to complete the training sessions.

All participants must be members of ASRAB and membership applications can be obtained by visiting <http://www.asrab.ab.ca>.

In order to participate complete the registration form available on the ASRAB web-site and submit it to the ASRAB office by e-mail at: [sightnight@asrab.ab.ca](mailto:sightnight@asrab.ab.ca).

Registration for the Flaman Foundation Training Program will cease on September 9, 2010.

Please contact Dean Kozak at <mailto:dean.kozak@shaw.ca> with any questions.  
**Register early as space is limited.**

**sight night – Saturday November 19 - 6:00 pm - Eau Claire Market, Calgary**

Presenting Sponsor: Flaman Fitness ♦ ♦ ♦ Elite Level Sponsors: Black Diamond Equipment Ltd. ♦ BURNCO ♦  
Flaman Foundation ♦ The Running Room