

C3 holding training seminar this Wednesday

How many times do you get an offer for a free week to train with an Olympic coach and other international coaches and athletes? C3 Running is well known in Caledon for hosting the yearly Kids of Steel Triathlon (set for May 29 at Mayfield Recreation Complex) and the yearly Caledon Run Festival at Town Hall (set for Sept. 25). In addition, C3 has 52 weeks of swimming (indoor and outdoor at the C3 Quarry), biking (indoors on wind trainers and outdoors), running (outdoors 52 weeks of the year), snowshoeing (when the snow allows), weekly hiking, yoga-classes, core strength and more. The youngest C3 members are under 10 and the oldest are in their 70s. Each person and family sets their own personal goals, be they weight loss, improved fitness, training for a race, or just being more active and meeting interesting people.

There is an impression that C3 is only for elite athletes and that is far from the truth, C3 Chairman Phillip Adsetts observed. More than 70 per cent of the club are average, busy men and women and their kids who want a fun, along with a professional group of coaches to help support them in their goals of fitness and health.

C3 has just celebrated its 20th anniversary and for 2016 is offering any individual or family a free one-week unlimited access to swims, bikes, runs, yoga, core and more.

We believe when people see how encouraging and fun the workouts are for all ages and levels, they will want to join the group and we think one week, no-strings attached, is a great chance for people to try the club out with no pressure, C3 head coach Barrie Shepley commented.

In addition, Shepley and Sean Bechtel are doing a free one-night training seminar this Wednesday (Feb. 10) at the Headwaters Physiotherapy Clinic. There will be two, 75-minute talks ? one at 5:15 p.m. and the other at 7. Both are the same talk and are being offered at different times to accommodate busy family schedules.

To RSVP for a seat at the Feb. 10 talk or to get a free one-week unlimited workout pass, email barrie@personalbest.ca