

Dasmariñas Village Association Inc.

**1417 Campanilla Street, Dasmariñas Village
Tel. No.: 817-3316; Email: mrrdva@yahoo.com**

D.V.A. Circular No. 2012 - 17

May 2, 2012

**RUN FASTER!!! RUN BETTER!!!
JOIN THE DVA RUNNING CLINIC!!!**

Dasmarinas Village Association (DVA), in partnership with Run4Change Sports and Athletics Committee (R4C SportsCom) is conducting a 4-weekend running clinic this month of May to get you ready for the DVA Governors Run 2012 on June 3.

Athletes of the University Athletics Association of the Philippines (UAAP), who excelled in their respective events, will facilitate the running clinic. It will be **every Saturday, 4:00-5:30pm at the DVA Pavilion.**

The running clinic includes the following modules: Introduction to Running, Fitness Level Testing, foundations of Running: Strength and Conditioning and Interval/Tempo Runs. The R4C SportsCom will also provide supplementary exercises three times a week to help you prepare for the weekly modules.

If interested, please call the DVA Office to register at tel. no. 8173316 loc. 125.

DVA and R4C Sports Com are looking forward to seeing you this Saturday! This is open to beginners, immediate and advance runners so do invite your friends!

See you there!

DVA MANAGEMENT