

## Running Coach and Personal Trainer, Claire Smith.



Ask Claire where her 'happy place' is, and she'll tell you its on a native bush trail in a pair of running shoes.

She blames her parents of course: Tramping-mad-botanists who dragged her round NZ's great tracks from the age of dot, which later combined with an affinity to running, to unleash her inner trail runner! Its a beautiful thing, and she's determined to convert as many road-runners as she can, to leave the harsh footpaths and carbon monoxide behind them, and experience what Godzone really does best!

As a trainer, Claire's 100% attention to her clients' needs sees her working with a lot of runners in post-injury strengthening, those wanting to improve the way running feels and gain the results they want to achieve. She tailors programmes at a level to encourage and challenge, allowing the runner to progress steadily and safely with a decreased chance of injury.

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You will come away with more tools in your running toolbox, allowing you to feel more confident, improve on your times, minimise risk of injury and ultimately, ramp up the enjoyment factor at your chosen Event!