

— PARTNERSHIP PROPOSAL • 2027 SEASON

Stronger every *kilometre.*

A season-long injury-prevention partnership,
built around your training calendar.

Prepared for the Stonebridge Striders board • Guelph, Ontario

Concept demo by YourFirstAI • fictional business

Most running injuries *whisper* before they shout.

We want your members to hear the whisper.

Stonebridge already builds the fitness. We add the check-ups, the strength work and a fast lane back when something starts to ache.



Runners wait. A small ache becomes a *long break*.

Most runners we see waited weeks with a niggle before they booked. Spring mileage jumps are when shins, knees and calves complain first.

“I thought it would just go away.”

WHAT WE HEAR MOST AT THE FRONT DESK

Weeks away from normal training

ILLUSTRATIVE

Waits it out, books in week 4

~6 wk

Checked in week 1

~2 wk

0 2 4 6 8 weeks

An illustrative example drawn from patterns in our own caseload. Not a clinical study; every injury is different.



— 03 — WHO WE ARE

Physio built for people who *move*.

5

registered physiotherapists, three of them runners

7_{am}

first appointment, plus evenings and Saturday mornings

1

treadmill gait lab with video analysis, in the clinic

Direct billing to most extended health plans • ten minutes from the Speed River trailhead.

Four pieces. *One running season.*

01

APRIL

Screening day

Free 15-minute movement screens at the clubhouse, before mileage builds.

02

MONTHLY

Clinic night

One evening a month at Larkhollow: strength, mobility and open questions.

03

ALL SEASON

Priority lane

An assessment within 48 hours when something starts to hurt.

04

JUNE

Pilot review

An anonymous summary of what we saw, and a yes or no on the full season.

Screen early



build strength



fix fast



learn for next season



— 05 — WHAT EVERYONE GETS

Good for runners. *Good for the club.*

FOR YOUR MEMBERS

A screen and a simple plan before the season.

Monthly sessions led by physios who run.

A faster way back when something goes wrong.

FOR STONEBRIDGE

A named partner for the newsletter and race kits.

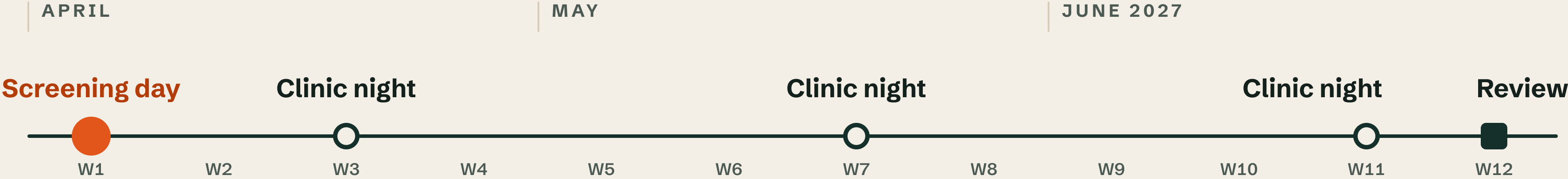
Fewer members sidelined in goal-race blocks.

A pilot review to plan next season's coaching.

Members are never obliged to book with Larkhollow. Screens and clinic nights are open to every member.



Twelve weeks to see *if it works.*



Priority lane • appointments within 48 hours

WE ASK THE CLUB FOR The clubhouse for one Saturday morning, a slot in two newsletters and one board contact.

Targets we'll *report back on.*

TARGET

60

members screened on
screening day

TARGET

25

average attendance
per clinic night

TARGET

48_h

from request to a
priority-lane
appointment

TARGET

8_{/10}

average rating from
clinic-night attendees



Pilot targets, not results. We track attendance and booking times only. No member's health details are ever shared with the club.





— 08 — NEXT STEPS

Three moves to start *in* *April.*

1

A yes from the board

The board agrees to the twelve-week pilot at its next meeting.

CLUB PRESIDENT

2

Pick the dates

We fit screening day and clinic nights around your race calendar.

HEAD COACH + LARKHOLLOW

3

Tell the members

One newsletter note and a sign-up link. We handle bookings from there.

CLUB COMMUNICATIONS





Thank you. Let's keep them *running*.

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