



Clinics₂₀₀₉



YWCA | FITNESS ON 5TH

Faster times - Fewer Injuries - More efficient - Less emphasis on leg power - Less impact on the body

Learn to run the Natural Posture Running way with a friendly group on two Saturdays in September from 9:00 AM to 2:30 PM. at YWCA Fitness on 5th - 320 5th Ave, SE. Calgary, Alberta, Canada, T2G 0E5. The Natural Posture Running (NPR) System is for beginners, experienced or competitive runners

Running Camp Leaders

Coach Cal Zaryski MA Kinesiology; Triathlon Coach of the Year; World Champion Xterra
Syl Corbett BSc., Exercise Science, Meridian Therapist, Endurance Coach, Multisport camps
Roger Davies BSc., Master Athlete, Multi-World medallist & Canadian Mile record Holder
Helly Visser BEd., Master Athlete, World & Canadian Multi-Record holder

Sat Sept 19th NPR Principles and Techniques 1, 2, 3, 4, 5 and 6 with Helly Visser, Roger Davies and Syl Corbett

Sat Sept 26th NPR Review with World Class Coaches Cal Zaryski and Syl Corbett and Video taping
Core Strength Training with Syl Corbett
Video analysis with Cal Zaryski and Syl Corbett
Deep water running with Helly Visser and Roger Davies

Testimonials: ***The first pilot study at the University of Calgary indicated an improvement of 6 minutes in a 10k race, 14 minutes in a ½ marathon and 28 minutes in the marathon due to improved running economy.*

***Re: Sacramento Marathon: "I must tell you that I think your NPR clinic helped me. During the first half of the race, there were a good number of rolling hills & on every one I leaned into the hill & found myself going up the hill faster & stronger. Near the end of the race, I remembered to "Relax & lean". Overall, I took over 12 minutes off my previous PR & now qualified for Boston. Thanks again. Joe Reaburn".*

ENTRY FORM NPR Two Saturdays from 9 AM to 2:30 PM Saturday September 19 & 26, 2009

Last name: _____

First name: _____

Address: _____

City: _____ Prov/State _____

Postal Code: _____

Email: _____

Telephone: _____

Sex: ___M___F DOB _____

**Entry fee: \$160.00 (\$130.00 for Calgary Roadrunners and YWCA Members, Member #. _____)
(\$260 for two – if you register as a couple)**

Cheque payable to Running Adventures NPR Clinics

Mail to: Helly Visser, 402, 1000 Centre Ave N.E. Calgary, AB, Canada T2E-9C4

Telephone # (403)-931-3822 or for more information **Go to www.nprunning.com**