



# Running Form Clinic and Individual Video Analysis by World Class Coaches

*Two-day Natural Posture Running Clinic  
Saturday 18<sup>th</sup> and Sunday 19<sup>th</sup> September 2010*

*In the Duckett Performance Centre, Edge School, 33055 Township Road  
250, Calgary, Alberta, Canada*

### Leaders

**Cal Zaryski MA Kinesiology;** Triathlon Coach of the Year; Xterra World Champion 2009  
**Syl Corbett BSc Exercise Science;** Endurance Coach, 2009 World Mountain Championships  
**Roger Davies BSc.** Master Athlete, Multi-World medallist & Canadian records holder  
**Helly Visser BEd.** Master Athlete, World & Canadian Multi-Record holder

*April 13<sup>th</sup> 2010. "I've been running much longer distances, and made significant speed gains with less effort. I thought the clinic would help, but I'm pleasantly surprised what a huge difference it has made. Thanks Steve Lawlor"*

**ENTRY FORM NPR Saturday & Sunday from 9 AM to 2:30 PM - September 18<sup>th</sup> & 19<sup>th</sup> 2010. For driving directions go to [www.edgeschool.com](http://www.edgeschool.com) (A short drive North of Calaway Park)**

Last name: \_\_\_\_\_

First name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ Prov/State \_\_\_\_\_

Postal Code: \_\_\_\_\_

Email: \_\_\_\_\_

Telephone: \_\_\_\_\_

Sex: \_\_\_M\_\_\_F DOB \_\_\_\_\_

**Entry fee: \$190.00 (\$170.00 for Calgary Roadrunners Member #. \_\_\_\_\_)**

**(Rate for two and more – if you register at the same time, \$170 each)**

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](http://www.nprunning.com)**

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