



Natural Posture Running Clinic

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

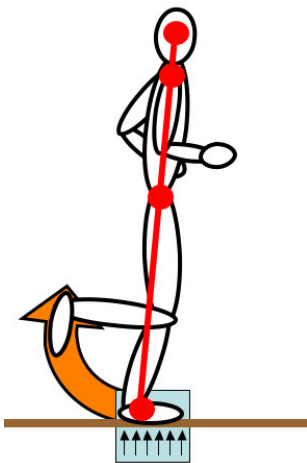
World Class Coaches

Cal Zaryski MA Kinesiology; Triathlon Coach of the Year; 4 X World XTERRA Champion

Syl Corbett MSc. PES, CES Completing PhD, Prof endurance athlete, Physiologist and Coach

Geoff Cuskelly; BHMS, BPhy, CPMA, Cert Gunn IMS; Biomechanical analysis of runners

Roger Davies and Helly Visser; Facilitators & Authors of "Guide to Natural Posture Running"



As well as Natural Posture Running training and individual running form video analysis, the coaches will address all of the other factors affecting running economy to make you the most efficient runner you can be.

"I did the Harvest Half in Calgary two weeks after the clinic and I felt really good even though I hadn't done a lot of distance. I was able to keep focused on all the things I should be doing and I did it in 1:58:43 which was a 6 min. improvement over the last time I did that race." Julie.

***Two day clinic in Calgary Alberta
Saturday 31st March and Sunday 1st April 2012***

From 9 AM to 2:30 PM

Limited to 24 Participants

Fee: \$200.00 (\$180.00 for Calgary Roadrunners)

To register go to www.nprunning.com Or call (403) 931-3822