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YWCA | FITNESS ON 5TH

Improve your half marathon and marathon performance with proven principles and techniques

(Video analysis included)

7th Natural Posture Running Clinic
Saturday 20th and Saturday 27th March 2010

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

ENTRY FORM NPR

Two Saturdays from 9 AM to 2:30 PM - March 20th & 27th 2010

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 together)

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**

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