

Guide to Natural Posture Running

A Whole Body Involvement

ORDER FORM

- Pay to Running Adventures by cheque. See Table below for total cost.
- Overseas customers and U.S. customers pay in U.S. dollars.
- Canadian customers pay 5% GST. There is no tax on books ordered from a foreign country.
- **Fill in the form and send by regular mail. Phone orders accepted from Canada or U.S. only.**

SEND ORDERS TO:

Running Adventures
402, 1000 Centre Avenue N.E.
Calgary, Alberta T2E-9C4
Canada

PHONE: 403-931-3822

SHIPPING ADDRESS:

First Name: _____

Last Name: _____

Address: _____

City/Town: _____

Province/State/County: _____

Country: _____

Postal/Zip Code: _____

Phone: _____

E-Mail: _____

Signature: _____

Quantity:___ Ship by Letter-post:___ Ship by Parcel:___ Total Cost:_____

TOTAL COST:

Customer	Canadian	US	Overseas
Payment in	\$CAN	\$US	\$US
Price (Special offer) Regular price \$15.00	\$10.00	\$10.00	\$10.00
Letter-post*	\$3:35	\$7.60	\$14.60
Parcel**	-	\$5.53	\$9.55
Taxes	\$0.50	-	-
Total Cost (1 book)	\$13.85 CAN	\$17.60 US Letter-post \$15.53 US Parcel	\$24.60 US Letter-post \$19.55 US Parcel

* 6 to 12 days delivery ** To overseas 4 to 6 weeks (but sometimes much faster). To Calgary 2 days. To Alberta 2-3 days. Other Canadian provinces 4-9 days.
For more than one book consult the vendor.



Web Site: www.nprunning.com