



Two-day Natural Posture Running Clinic Sat 26th and Sun 27th March 2011

At the YWCA of Calgary, Fitness on 5th. 320 - 5 Avenue S.E. Calgary, Alberta, Canada

For Beginners, Recreational or Competitive runners

Mail-in or On-line registration www.nprunning.com (Maximum 24 participants to ensure a quality experience)

Proven Techniques to Improve Running Form and Individual Video Analysis

Leaders

Cal Zaryski MA Kinesiology; Triathlon Coach of the Year; Xterra World Champion
Syl Corbett B.Sc Exercise Science; Endurance Coach, World Mountain Championships
Shelagh Salo Master Athlete, Boston Marathoner, 8 yrs CrossFit Training
Roger Davies B.Sc. Master Athlete, Multi-World medallist & Canadian records holder
Helly Visser B.Ed. Master Athlete, World & Canadian Multi-Record holder

April 13th 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 – March 26th & 27th 2011.

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