



**Clinics**<sub>2010</sub>



# Improved marathon and half marathon results with running form training (Video analysis included)

## Running Clinic Leaders

**Coach Cal Zaryski MA Kinesiology;** Triathlon Coach of the Year; World Champion Xterra 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

*2009 Harvest half Marathon. "The clinic was REALLY helpful. I ran the Harvest Half 1/2M the following week and was right on goal pace for 15K despite the up and down terrain. I found that instead of straightening up and slowing down when tired, if I leaned forward a bit it took less energy to run and I could "recover" while running at a good pace". David W.*

**7<sup>th</sup> Natural Posture Running Clinic**  
**Saturday 20<sup>th</sup> and Saturday 27<sup>th</sup> March 2010**  
**at YWCA Fitness on 5<sup>th</sup> - 320 5<sup>th</sup> Ave, SE. Calgary, Alberta, Canada**

**ENTRY FORM NPR**                      **Two Saturdays from 9 AM to 2:30 PM - March 20<sup>th</sup> & 27<sup>th</sup> 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](http://www.nprunning.com)

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