

# Running Form and Video Analysis by world class coaches

## Running Clinic Leaders

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

*Sacramento Marathon: "I must tell you that I think your NPR clinic helped me. During the first half of the race, there were a good number of rolling hills & on every one I leaned into the hill & found myself going up the hill faster & stronger. Near the end of the race, I remembered to "Relax & lean". Overall, I took over 12 minutes off my previous PR & now qualified for Boston. Thanks again. Joe Reaburn".*

## *7<sup>th</sup> Natural Posture Running Clinic Saturday 20<sup>th</sup> and Saturday 27<sup>th</sup> March 2010*

### 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**