

# CALLING ALL RUNNERS!!!

## RUNNING CLINIC SATURDAY, MAY 1ST

THIS COURSE IS DESIGNED FOR ALL LEVELS OF EXPERIENCE. WE WILL START OUR CLASS AT ALTERNATE ROOT IN KALISPELL AND THEN MOVE OUTSIDE REGARDLESS OF WEATHER.

INVESTMENT: \$35 per session  
Both sessions \$60 *Register for both and save!!*

### Level 1: 8am - 11am

- \*New Running Techniques: What's the hype about barefoot running?
- \*Injury Management & Prevention
- \*Cross Training for Success

### Level 2: 12pm - 3pm

Prerequisite: level 1 or previous clinic with us

- \*Fueling for Endurance, Speed & Comfort
- \*Understand the Physiology of running
- \*Creating effective Training Plans
- \*Training with Heart Rate Monitor

#### **FOLLOW UP SMALL GROUP RUNNING CLASSES:**

**TUESDAYS MAY 11 & 25, 6AM - 7:15AM, \$35**

**OR**

**THURSDAYS May 6, 13, 20, 27, 5:30AM - 6:30AM, \$60**

This will be limited to 8 people. We will refine your technique, address proper fueling techniques, injury prevention, recovery and training programs for the 2010 running season. Private training is also available, please contact us.

*These courses will be taught by Jamie Lynn, Personal Trainer and Brian Miller, PT, MS, OCS.*

*For more information or to register, please contact Jamie Lynn at 250-0995 or [jamie@alternaterootmt.com](mailto:jamie@alternaterootmt.com). Our class size is limited, so please register early.*