

2012 Marathon / Half Marathon Clinic

Jan. 21st, 2012 • 9:00 a.m. - 12:00 p.m.

Speaker: Nate Vandervest RRCA Running Coach, CSCS, CES,

Are you thinking of doing a marathon or half marathon? Do you want to improve on your road racing times? Have you been injured or experience pain while running? This clinic will cover information that you will need to help you have a great experience at your next race. You will learn how to train smarter not harder. Come learn from our professionals where you can interact and get all the answers.



Come get all your questions answered.

- *Come dressed and ready to participate!* (all activities will be held indoors)

First half / 9:00-10:30 a.m.

- Training plans
- Race strategies
- Gait Re-training tips
- Runners nutrition
- How to implement:
 - Intervals, Tempo, Long run, Easy run

Second half / 10:30-12:00 p.m.

- Running specific warm-up
- Optimizing core strength
- Flexibility training
- Runners Strength training

Clinic Cost: \$40/person

Registration Deadline: Jan. 13th, 2012

Space is limited please sign up early!



Reserve your spot today!

Call (920) 430-4722 or send us your reservation!

Questions? Email Nate at: nhvand@bellin.org

Marathon / Half-Marathon Clinic

Name _____

Address _____

Home Phone _____ Email _____

Check Enclosed... Please make check payable to Bellin Health. Payment must be received prior to Clinic.

Release Statement: In consideration of my participation in these activities, I hereby agree to hold free from all liability Bellin Health, XL Athletic Performance, and respective officers, employees and volunteers, and do hereby for myself, my heirs, executors, and administrators, waive, release and forever discharge all rights, claims for damages for which I have or which may hereafter accrue me and my children arising out of or connected with my participation in any Performance Enhancement programs held with Bellin Health.

Signature _____ Date _____