

perFORMance Running Form Clinic



Monday, October 19 at 6:30 PM

At Garry Gribble's Running Sports- 839 Mass Street

****FREE form clinic offered the third Monday of every month!!**

- *Learn the basics of proper running form**
- *Analysis of your current form and tips for improved running efficiency**
- *Injury prevention through proper form awareness**
- *Common Running Form mistakes broken down**
- *Increased muscle memory to “feel” proper running form naturally**
- *Strength and form exercises, handouts, examples, and more!**

(DRESS IN COMFORTABLE CLOTHING for movement)

*****Email kendra.kuhlman@gmail.com to sign up! Spaces are limited!**