



RUNNING CLINIC

COST: NO CHARGE

WHEN: SATURDAY DECEMBER 17th

TIME: 12:30pm TO 3:00pm

WHERE: GROUP EXERCISE ROOM

SPEAKERS: Chris Bridges—Triathlete & Triathlete coach
Rodney Corn—YCRC Education Coordinator
Dan Duran—YCRC Fitness Director

TOPICS:

- > Warm up/stretching
- > Injury prevention
- > Nomenclature
- > Running form
- > Running drills
- > Pre and Post workout nutrition
- > Cool downs/stretching
- > Foam Rolling

(Bring a foam roller if you have one.)