

# running 101

## Your ultimate guide to Running Right!

With spring upon us and the 2<sup>nd</sup> annual Barrhaven run just around the corner, its time to start hitting the pavement, **PAIN FREE!**

Chiropractor and Certified Strength & Conditioning Coach, Dr. Vincelli presents an educational seminar addressing;

- Running biomechanics
- Proper footwear
- Training routines
- Common running injuries and prevention



**When:** April 22<sup>nd</sup> 2009

**Where:** Walter Baker Centre (Meeting rm. 202)

**Time:** 7:00 - 9:00pm

**Cost:** \$5.00 (All proceeds go to Rogers house)

## Let's get you Race Ready!

Please register and reserve your seat for the seminar by emailing;

[drvincelli@barrhavenchiropractic.com](mailto:drvincelli@barrhavenchiropractic.com)

(Seating is limited)

Barrhaven Chiropractic Heath Centre

[www.barrhavenchiropractic.com](http://www.barrhavenchiropractic.com)