



Running Clinic Information

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Thank you for your interest in our clinic. Please find enclosed profile information sheet and liability waiver form. Kindly complete these forms and bring to class on Saturday.

When: Saturday Sept. 14, 2013 Level 1 8-10:30am, Level 2 11-1:30pm

Where: Advanced Rehabilitation Services

175 Commons Loop, Suite 100, Kalispell, MT

What to Bring:

- Running shoes
- Comfortable exercise clothes: sweat pants and sweater, rain gear (please plan on a chilly morning and dress in layers)
- Water & Snacks; lunch if you are staying for both classes
- Camping pad or yoga mat for stretching on ground
- Belt or dog leash for stretching
- Notebook
- Heart Rate Monitor (if you have one)
- Metronome (small, clip on – if you have one, we will also have a few available for purchase)
- Paperwork for class:
 - Profile information
 - Liability waiver form

Suggested Readings:

- Chi Running, by Danny Dreyer
- The Pose Method of Running, by Dr. Romanov
- Born to Run by Christopher McDougall
- The Triathlete's Training Bible by Joe Friel
- Natural Running by Danny Abshire
- Anatomy for Runners by Jay Dicharry
- Run Less Run Faster by Pierce, Murr, and Ross