



**ChiRunning** allows you to enjoy the rewards of injury-free running for the rest of your life by greatly reducing the pounding, pain, and injuries often associated with running. This technique will strengthen core muscles, build great posture, loosen joints and relax limbs, increase mental focus and clarity, develop good breathing technique, give you more energy, and make running more fun!

Whether you are an experienced runner or brand new to the sport, ChiRunning will be appropriate for you. ChiRunning empowers beginning runners with a sense of their strength and potential. ChiRunning increases performance and reduces race times for experienced runners.



**ChiWalking** is first and foremost a fitness program that gives you all the benefits that cardio-aerobic conditioning has to offer. ChiWalking makes walking easier by utilizing proper body alignment and injury-prevention techniques. The ChiWalking techniques will give you a powerful sense of balance and stability, while teaching you to relax and conserve energy at any walking speed!

ChiWalking techniques are for people of every level, whether you're just getting started walking or planning to participate in a marathon, half marathon, 10k or 5k event. Since walking is such a basic every day movement, the benefits are far reaching when your walking form is improved.



## Pat's Personal Training

### Pat Reichenbach

ChiRunning & ChiWalking Certified Instructor  
Bachelor of Science, Physical Education  
ACE Certified Personal Trainer  
IFTA Certified Senior Fitness Specialist

### Get Started Today!

(919) 753-5734

Pat@PatsPersonalTraining.com  
www.PatsPersonalTraining.com

## Free Clinics: Intro to ChiRunning

**The Free Clinic gets you started!** Appropriate for everyone from the beginner to the elite athlete! The Instructor will demonstrate the ChiRunning form, explain the benefits, answer questions and teach you some of the foundation skills for healthy running. Meet indoors initially then head outdoors for the clinic. Wear your running shoes and dress for movement, but there will not be a lot of running involved.

### Free Clinic - Intro to ChiRunning

August 31 (Tues), 6:00pm-7:30pm.

New Balance Durham

6807 Fayetteville Rd, Renaissance Center, Durham, NC 27713

Ph: (919) 484-9500

Register by email to: [Pat@PatsPersonalTraining.com](mailto:Pat@PatsPersonalTraining.com)

### Free Clinic - Intro to ChiRunning

September 1 (Wed), 6:00pm-7:30pm

New Balance Raleigh

6204 Glenwood Ave, Promenade Shopping Center, Raleigh,

NC 27612

Ph: (919) 510-9810

Register by email to: [Pat@PatsPersonalTraining.com](mailto:Pat@PatsPersonalTraining.com)

### Free Clinic - Intro to ChiRunning

September 17 (Fri), 6:00pm-7:30pm.

Try Sports Raleigh

4325 Glenwood Ave, Crabtree Valley Mall, Raleigh, NC 27612

Ph: (919) 785-2824

Register by email to: [Pat@PatsPersonalTraining.com](mailto:Pat@PatsPersonalTraining.com)

### Free Clinic - Intro to ChiRunning

September 24 (Fri), 6:00pm-7:30pm.

Try Sports Wilmington

925 Town Center Drive, Wilmington, NC 28405

Ph: (910)256-2395

Register by email to: [Pat@PatsPersonalTraining.com](mailto:Pat@PatsPersonalTraining.com)

## Schedule Your Own Free Clinic

### Intro to ChiRunning or ChiWalking

A Free Clinic is available to your club, race event, wellness program or health related business. Choose ChiRunning or ChiWalking or both combined. This one-hour introductory clinic is free to local groups of 15 people or more. For groups of fewer than 15 people, a small fee is charged.

**To Schedule:** Contact Pat at least 6 weeks in advance to schedule your event. Please include your location.

**Locations:** Raleigh, Cary, Apex, Holly Springs or Fuquay-Varina, NC are considered local. For locations further than 25 miles from Fuquay-Varina, please ask for information related to "out of town" locations for Free Clinics.

**Facility needed:** An outdoor area is great or an indoor room can be used. There will not be lots of walking or running involved but try to facilitate seating for the participants and some open space for everyone to move around freely. Attendance is limited only by the space provided.