



THE BEST WAY TO LEARN THESE SKILLS

Sign up for a workshop and read the book *CHIRUNNING* by Danny Dreyer.

APPROPRIATE for EVERYONE

All workshops are appropriate for everyone. The beginning runner is empowered with a sense of strength and potential. For the experienced runner, the ChiRunning technique increases performance and reduces race times.

RUN WITH EASE and RUN WITHOUT INJURY.

In the workshops you will learn biomechanically correct form. You'll be taught how to move through your core and relax your legs to run, increasing your efficiency and reducing the injuries so often associated with running.

WORKSHOP DESCRIPTIONS

Have no fear! We won't be running long distances during the workshops. The focus is on building a solid base of knowledge to carry forward in your running program. ChiRunning Basics (4 hrs.)

- Posture, alignment, engage the core.
- Lean, engage gravity, leg swing, foot strike, arm swing.
- Stride length, cadence, 1st & 2nd gears.
- Injury prevention techniques.
- Core strength exercises, breathing practice.

ChiRunning Level II (4 hrs.)

The Level II workshop is for anyone who has attended a ChiRunning Basics Workshop & has been practicing the technique.

- ChiRunning Form Basics review
- Gears, stride length, cadence, pelvic rotation.
- Cadence, metronome use
- Improve running efficiency in 3 gears.
- Hill running techniques for gradual & steep hills.
- Body looseners, Core strength exercises, breathing practice.

Bonus - Video Taping!

Video taping of your running form is available at the end of each workshop. Plan to stay 30 minutes extra for this valuable training tool. Your video clip & written form analysis will be mailed to you - free!

Bonus - Free Workshops for You!

As my client, you are invited to review & renew your ChiRunning skills at no charge! You may repeat the same level workshop *absolutely FREE!* Send me an email to reserve your spot in a workshop listed on this schedule!



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

ChiRunning Workshops

Sign up Now! Register at www.ChiRunning.com

Cost \$125. Class size 12 max.

Location (all): Shelley Lake, 1400 W. Millbrook Rd, Raleigh, NC 27614 [Map](#)

ChiRunning Basics Half-Day Workshops

Oct 1, 2011 (Sat) 9am-1pm [Sold Out](#)

Oct 30, 2011 (Sun) 12:30-4:30pm [Get Details and Sign Up Now](#)

Nov 26, 2011 (Sat) 12:30-4:30pm [Get Details and Sign Up Now](#)

Jan 7, 2012 (Sat) 12:00-4:00pm [Get Details and Sign Up Now](#)

Feb 25, 2012 (Sat) 12:00-4:00pm [Get Details and Sign Up Now](#)

ChiRunning Level II Half-Day Workshops

Oct 29, 2011 (Sat) 9:00am-1:00pm. [Get Details & Sign Up Now](#)

Jan 8, 2012 (Sun) 12:00-4:00pm [Get Details and Sign Up Now](#)

Additional Training Options

Create Your Own Workshop (4 hrs.)

1 person: \$220

5-7 people: \$150 per person

2-4 people: \$180 pp

8-12 people: 4.5 hrs. \$99 pp

Follow-up Training after your Workshop

1 person: 1 hr. \$75 , 2 hrs. \$130, 4 hrs. \$220

2 people: 1 hr. \$60 per person, 2 hrs. \$100 pp, 4 hrs. \$180 pp

Scheduling

- ChiRunning Workshops require 4 hours of training.
- Scheduling Formats: Training packages & workshops can be used as one session or consecutive weekly sessions @ 1-2 hours each. All session dates will be confirmed before 1st session begins.
- Locations & Training Days: Shelley Lake in Raleigh on Fridays only. South Park or Honeycutt Rd Park in Fuquay-Varina on Mondays only. All training is held outdoors.
- Contact Pat by email for available dates/times. 4-6 weeks advance planning is often required.

Payment

- Payment in full is due at onset of your first training session.
- Make checks payable to Pat Reichenbach.

Cancellation or Missed Session Policy

- Cancellation of a training session must be made at least 48 hours in advance to receive full credit for re-scheduling. If cancelled less than 48 hours before the start time of your session, 1/2 credit will be applied. "No-show" without contacting the trainer in advance will be counted as a used session.
- Cancellation of sessions or workshops due to inclement weather will be rescheduled for a future date. If the weather looks threatening, both client and trainer will make the effort to make contact by phone.
- A courtesy 20 minute make-up session is available just prior to the start time of the next class, for weekly workshop participants. You must contact the trainer to schedule a make-up session.

Free Clinics and ChiRunning Workshops are available for your workplace, club, or retail business. A minimum number of participants are required. Contact Pat for details. Please inquire at least 6-10 weeks in advance.