



Run with ease. Run without injury. The idea is to enjoy running for your entire life. This biomechanically correct running form increases efficiency and greatly reduces the pounding, pain, and injuries so often associated with running. Appropriate for Everyone! ChiRunning empowers the beginning runner with a sense of strength and potential. ChiRunning increases performance and reduces race times for the experienced runner.

Free Clinics: Check my Free Lectures/Demos page.

Workshops: The workshop is where you will learn all of the ChiRunning skills. Have no fear! We won't be doing a lot of running. The focus is on building a solid base of knowledge to carry forward in your running program.

All workshops are appropriate for everyone from the beginner to the elite. Choose the workshop style that fits your schedule: Half-Day or 4-Week workshop. For 4-wk workshops: If you miss a class, a make-up session is available 30 min before the start time of your next class.

Option for New Runners: New Runner Workshops are available if you prefer training with others who are currently running less than 2 miles.

Free Bonus for My Clients: My clients, past and present, may repeat any same level group workshop.... absolutely **FREE** in 2010! Send me an email to reserve your spot.

ChiRunning Basics Workshop teaches the essential foundation skills for your ChiRunning practice:

- 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.
- Bonus! Video taping and running analysis.

ChiRunning Level 2 Workshop takes you to the next level of developing your ChiRunning skills. Appropriate for the person who has practiced the ChiRunning basics:

- Review of basic form
- Gears, stride length, cadence, metronome use
- Improving running efficiency in 3 gears, pelvic rotation.
- Form adaptations for gradual and steeper hills.
- Core strength, body looseners, breathing practice.
- Bonus! Video taping and running analysis.

Advance registration is required for all workshops.

- Max 15 participants.



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

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www.PatsPersonalTraining.com

ChiRunning Workshops

Registration: www.ChiRunning.com Cost: \$99

ChiRunning Basics

4-Week Workshop for All Runners - Raleigh, NC

March 18, 25, April 8, 15 (Thursdays) – 6:00 -7:00 pm
At Try Sports, 4325 Glenwood Ave, Crabtree Valley Mall

[Directions:](#)

[Sign Up Now](#)

ChiRunning Basics

4-Week Workshop for New Runners – Raleigh, NC

March 16, 23, April 6, 13 (Tuesdays) – 6:00-7:00pm
At New Balance, 6204 Glenwood Ave, Promenade Shopping Center

[Directions:](#)

[Sign Up Now](#)

ChiRunning Basics

Half-Day Workshop for All Runners - Raleigh, NC

April 10 (Saturday) – 1:00 -5:00 pm
At Try Sports, 4325 Glenwood Ave, Crabtree Valley Mall

[Directions:](#)

[Sign Up Now](#)

ChiRunning Basics

Half-Day Workshop for New Runners – Raleigh, NC

April 11 (Sunday) – 1:00-5:00pm
At New Balance, 6204 Glenwood Ave, Promenade Shopping Center

[Directions:](#)

[Sign Up Now](#)

ChiRunning Basics

Half Day Workshop for All Runners – Wilmington, NC

April 24 (Saturday) – 1:00pm – 5:00 pm
At Wrightsville Beach Family Med & PT by the Sea, 1721 Allens Lane

[Directions:](#)

[Sign Up Now](#)

ChiRunning Level 2

4-Week Workshop for All Runners - Raleigh, NC

April 22, 29, May 6, 13 (Thursdays) – 6:00 -7:00 pm
At Try Sports, 4325 Glenwood Ave, Crabtree Valley Mall

[Directions:](#)

ChiRunning Level 2

4-Week Workshop for New Runners – Raleigh, NC

April 20, 27, May 4, 11 (Tuesdays) – 6:00-7:00pm
At New Balance, 6204 Glenwood Ave, Promenade Shopping Center

[Directions:](#)

ChiRunning Level 2

Half-Day Workshop for All Runners - Raleigh, NC

May 1 (Saturday) – 1:00 -5:00 pm
At Try Sports, 4325 Glenwood Ave, Crabtree Valley Mall

[Directions:](#)

ChiRunning Level 2

Half-Day Workshop for New Runners – Raleigh, NC

May 2 (Sunday) – 1:00-5:00pm
At New Balance, 6204 Glenwood Ave, Promenade Shopping Center

[Directions:](#)

ChiRunning Level 2

Half Day Workshop for All Runners – Wilmington, NC

May 15 (Saturday) – 1:00pm – 5:00 pm
At Try Sports Wilmington, 925 Town Center Drive

[Directions:](#)

Schedule Your Own Workshop

Schedule your own Workshop for 3-12 people: \$99 per person.

Locations: Raleigh, Cary, Apex, Holly Springs or Fuquay-Varina area, NC. Contact Pat.

Wellness Program special rates are available to employees and wellness groups. Contact Pat for details.