



**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:** Attend a workshop to learn the ChiRunning skills. Have no fear! There isn't any long distance running during the workshop. 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 schedule format that fits your needs: Half-Day or 4-Week workshop. If you miss a weekly class, contact the instructor to schedule a complimentary 30 minute make-up just before the start time of your next class.

**Advance registration is required for all workshops.**

• Sign Up Early! Max 15 participants accepted.

**Free Bonus for Pat's Clients:** All of Pat's clients, past and present, may repeat a same level group workshop.... absolutely *FREE* in 2010-2011! Contact Pat by email and reserve your spot in a workshop.

**The 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, 1<sup>st</sup> & 2<sup>nd</sup> gears.
- Injury prevention techniques.
- Core strength exercises, breathing practice.
- Bonus! Video taping and running analysis.

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

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



## 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

Registration: [www.ChiRunning.com](http://www.ChiRunning.com) Cost: \$99

### ChiRunning Basics 4-Week Workshop

Sept 14, 21, 28 & Oct 5 (Tuesdays) 6:00 - 7:15 pm.

New Balance Durham

6807 Fayetteville Rd, Renaissance Center, Durham, NC 27713

(919) 484-9500 [Map](#)

Sign Up Now! [Details & Registration for this Workshop](#)

### ChiRunning Basics 4-Week Workshop

Sept 15, 22, Oct 6 & 13 (Wednesdays) 6:00 - 7:15 pm. No class 9/29.

New Balance Raleigh

6204 Glenwood Ave, Promenade Shopping Center, Raleigh, NC 27612

(919) 510-9810 [Map](#)

Sign Up Now! [Details & Registration for this Workshop](#)

### ChiRunning Basics Half Day Workshop

Sept 25 (Sat) 9:00am - 1:30pm

Try Sports Wilmington

925 Town Center Drive, Wilmington, NC 28405

(910)256-2395 [Map](#)

Sign Up Now! [Details & Registration for this Workshop](#)

### ChiRunning Basics – Half Day Workshop

Oct 16 (Sat) 9:00am - 1:30pm

Try Sports Raleigh

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

(919) 785-2824 [Map](#)

Sign Up Now! [Details & Registration for this Workshop](#)

## Additional Workshop Options for Your ChiRunning Basics or Level 2 Training

**Personal Training Workshop Cost - One Person - \$180**

**Shared Training Workshop Cost - 2 People - \$135 each.**

**Your Group Workshop Cost - \$99 per person for a minimum of 3 people and maximum of 12.**

**Schedule Formats offered (4.5 hrs total):**

One Half-Day session *or*

Two 2-hr sessions in 2 weeks *or*

Four 4-hr sessions in 4 weeks.

The half-day session is easiest to fit into your busy schedule! The 2-week or 4-week format provides more practice time in between sessions. If you miss a weekly class, contact Pat to schedule a complimentary 30 minute make-up just before the start time of your next class.

**Special low rates available for company wellness programs** and local wellness groups. Min of 10 required per workshop. Contact Pat for details & schedule at least 6 weeks in advance.

**Contact Pat by email to schedule your workshop.** Include your location, number of people and desired date options. Inquire at least 4 weeks in advance for local training; at least 6 weeks in advance for "out of town" locations. Payment is due at the onset of the workshop by cash or check payable to Pat Reichenbach.

**Locations:** Raleigh, Cary, Apex, Holly Springs or Fuquay-Varina, NC are local training. Locations further than 25 miles from Fuquay-Varina are "out of town" and will involve a 50c per mile charge or require a higher minimum of participants.

**Facility:** Outdoor public facility with level, open space such as a park; or a large parking lot that can be sectioned off for safety; or a large indoor gymnasium. If your desired facility charges a fee for use, the additional cost is paid by the participants.