



# ChiRunning®

## ***4 Hour workshop***

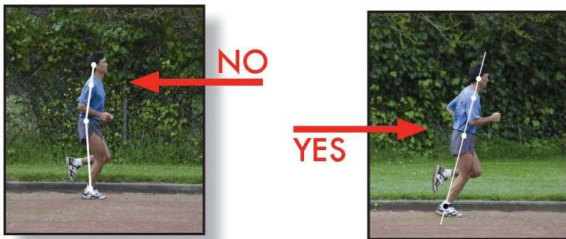
Saturday, September 11th 8:00 am - 12 noon

*This class will be held at*  
Thorpe Park Community Center  
245 N Thorpe Road - Flagstaff, Arizona 86001

Register online at

[www.chirunning.com](http://www.chirunning.com)

### Run Injury-free



**NO:** Over striding and heel striking brakes your forward momentum and leads to ankle, knee, hip and lower back pain from the excessive impact.

**YES:** land mid-foot and lean your column forward from your ankles. The ChiRunning form is energy efficient and avoids many common running injuries.

ChiRunning combines the principles of T'ai Chi with the laws of physics and:

- Greatly reduces pounding, pain and injuries
- Empowers beginning runners with a sense of their strength and potential.
- Increases performance and reduces race times for experienced runners.

It's called ChiRunning, and its thousands of practitioners say it results in more efficient running form and fewer injuries. Instructor Mark Wallis, trained by founder Danny Dreyer, will be in Flagstaff to conduct this Chi Running 4 hour workshop on Saturday September 11th from 8:00 am to 12 noon

The ChiRunning technique increases mental clarity and focus, enhances the joy of running, and turns running into a safe and effective lifelong program for health, fitness, and well-being.

### Your Certified Instructor



**Mark Wallis**

Mark was introduced to ChiRunning® after his second (and painful) marathon. Since that time, he has completed 10 more marathons, plus multiple half marathons and several 5K & 10K races - all without pain or injury.

Mark was trained and certified by Danny Dreyer in 2005 and has taught workshops throughout the United States. He is also a Certified RRCA (Road Runners Club of America) Distance Coach and a Certified TNT Marathon Running and Walking Coach.