

RUNNING

MECHANICS CLINIC

With Cross Country & Track Coach Bob Dahl

For kids entering 6th - 12th grades

JUNE 10-13 (MONDAY - THURSDAY) 8:30-10 A.M.

BLUFFTON CITY GYM - 128 E MARKET ST.



Improve your running by simply changing the WAY you run.

Learn how to improve the mechanics of each step.

Increase your efficiency

Reduce your chance of injury

Run better

RUNNING MECHANICS CLINIC REGISTRATION

\$10 Registration payable to Bob Dahl

Name: _____

Email: _____ Phone: _____

Parents / Guardians - Please sign attached waiver

Return to Bluffton Parks Dept. 128 E Market St. Bluffton, IN 46714

For more information call 260-824-6069, email sports@ci.bluffton.in.us