

## RunSmart Camp

Contributed by Administrator  
Saturday, 10 May 2008

The RunSmart camp is a 4 hour session that will include the material presented in RunSmart sessions 1 - 3, along with a gym and treadmill session. A special package rate includes a copy of the book "RunSmart: A Comprehensive Approach To Injury-Free Running".

The cost of the camp is \$40 (without book), or \$50 (with book).

Advance registration and payment only - please register from here and you will be contacted regarding payment options. Registration closes on 6/18/08 at 10:00 pm.

Refreshments and light snacks will be provided.