



CRAVEN
SPORT
SERVICES

Presents a

Running Technique Workshop

“Improving Running Efficiency through Better Running Technique”

Level 1 – Thursdays from 8:00-9:00pm, March 1-April 5

Level 2 – Thursdays from 9:00-10:00pm, March 1-April 5

At the Saskatoon Field House

Who?

- LEVEL 1 and 2
- SRRA MEMBERS ONLY
- Join today for \$25



www.saskatoonroadrunners.ca

What?

- 6 weeks of instruction
- Improve Running Efficiency, Technique and Performance
- Focus on Injury Prevention

How?

- Functional Movement Exercises focusing on Flexibility, Strength and Power
- Dartfish Video Analysis providing Real-time Feedback

Work-shop facilitators

Bruce Craven

MSc. BSPE, BSc(PT), DIP Sport PT, CSCS

Andrew Leslie

BSc(Kin), CSEP-CEP

Erin Gudjonson

BSc(Kin), CSEP-CPT

Cost is \$75.00 with a maximum of 20 participants per work-shop (minimum of 10)

Register through Craven SPORT services by:

Phone: 934-2011 or email: craven.sports@sasktel.net