

# Registration

\$300.00 fee, cancellation will be accepted until 02/13/09 with a refund minus an administration fee of \$75. No refund after the stated date.

Please make check payable and return to:

***Catalyst Therapies, LLC***

2680 18<sup>th</sup> St., Suite 150B

Denver, CO 80211

## ***Running Well***<sup>®</sup> Registration

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Best ph# \_\_\_\_\_

Email: \_\_\_\_\_

Discipline \_\_\_\_\_

I authorize you to charge my:  VISA  MC

# \_\_\_\_\_ Exp. Date \_\_\_\_ / \_\_\_\_

Name on card: \_\_\_\_\_

Credit card billing address if different from above- \_\_\_\_\_

I have read your refund policy above and understand. Catalyst Therapies reserves the right to cancel in the event of insufficient registration or extenuating circumstances. In such a case the paid registrants will be reimbursed for the course fee only if another course cannot be arranged. Catalyst Therapies is not responsible for any expenses outside of registration incurred by participants if the course must be cancelled.

Participant Signature:

\_\_\_\_\_

Catalyst Therapies, LLC  
2680 18 St., Suite 150B  
Denver, CO 80211



# ***Running Well***<sup>®</sup>

## ***Running Form Training***

A continuing education seminar for physical therapists, athletic trainers and other professionals who work with running clients

Video Analysis  
with *Dartfish*<sup>®</sup> software

Peter Szymanski, PT, IOC, CFMT  
Karen Voss, MS, OTR, SIPT, FOC

February 20<sup>th</sup> & 21<sup>st</sup>, 2010

Laramie, Wyoming

Sponsored by Gem City Bone & Joint Physical Therapy

(303) 458-9660






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

## Course Description

6- week *Running Well*<sup>®</sup> Seminars began in 2003. Peter and Karen are now in their 7<sup>th</sup> year of *Running Well*<sup>®</sup>.

**This 2-Day *Running Well*<sup>®</sup> course** is about running form and alignment for the purpose of joint health and less muscle strain. It is about the importance of repeat video-taped analysis to better train body awareness for efficiency in movement during running. Less inefficiency equates to less injury and more patient referrals due to thorough treatment of running injuries.

### Course Objectives: By the end of this course the participant will have:

-  -An understanding of basic biomechanics and kinematics of running and knowledge of the importance of training *body awareness* in runners
-  -The ability to identify the most common dysfunctions in running and apply it in the assessment of “running clients”.
-  - Techniques to address joint and tissue restrictions.
-  - Applied drills for themselves and to train their running clients for a comprehensive treatment program.
-  -Made a positive change in his/her own running form.



**Course Location:**  
Laramie, WY

**For Information  
Contact:**

**Martha Martinez del Rio**  
(307)721-8024

## Schedule Day One

7:30–8:00 Registration  
8:00–8:15 Introductions  
8:15 Videotaping of participants  
8:45 View elite & recreational runners. Components of efficient running form and common running dysfunctions. Philosophy behind training running form.  
10:00 View participants’ running form  
10:30 Drills lab 1: foundation, RW session 1  
12:00 Lunch (on your own)  
1:00 Exercise lab 1: Flexibility & Stability  
1:45 Drills lab 2: RW session 2  
3:00 Videotaping, viewing and analysis of selected participants (midterm)  
3:45 Background & demonstration of *Aston*<sup>®</sup> *loosening*, initial upper body positioning  
4:15 to 5:00 Exercise lab 2: *loosening* & upper body

## Schedule Day Two

8:00 Check-in and questions  
8:30 Exercise Lab 3: review day 1 labs/drills & upper body in running  
9:30: Background and exercise: breathing  
10:00 Drills Lab 3: RW session 3  
11:00 Drills Lab 4: RW session 4  
12:00 Repeat video participants  
12:30 Lunch (on your own)  
1:30 Exercise lab 4: plyometrics for runners  
2:00 Drills Lab 5: RW session 5 & 6  
3:00 Watch final videos  
4:00 Review and discussion  
5:00 End of Course

## *If you treat runners, this class is for you!*

The drills and techniques in *Running Well* were designed from research and years of clinical expertise in orthopedic and developmental/neurological rehab. The value you get will be for yourself and for your clients. You will be able to go beyond just treating your clients for their injuries and be able to teach them to prevent repeated injuries and improve their running efficiency.

*Running Well*<sup>®</sup> is a six session program used to train runners to improve their efficiency. This 2-day course is now being offered to you, professionals who treat runners. The class drills and lab exercises will train you to perform the same drills and exercises that we teach in *Running Well*<sup>®</sup> for yourself and to teach them to your own clients.

### Each participant receives:

A manual and video with full illustrations of the drills and exercises; “Before and after” video of your own running form and a Certificate of Completion

### Peter Szymanski, PT, IOC, CFMT

- Over twenty five years of experience in orthopedic and neurological physical therapy
- 1984 graduate of University of Colorado.
- Integrated Orthopedic Certification and Certified Functional Manual Therapist
- Veteran of 23 marathons.

### Karen Voss, MS, OTR, SIPT, FOC

- 1987 graduate of University of Minnesota; Masters degree 2004 from Regis University
- Clinical experience in the areas of pediatrics and neuro-rehab and orthopedics for over 20 years.
- Winner of the Mardi Gras Marathon in 2006.