



DAVE'S
running since 1973



G.F.R.

**LET'S MAKE
EXCELLENT
HAPPEN.**

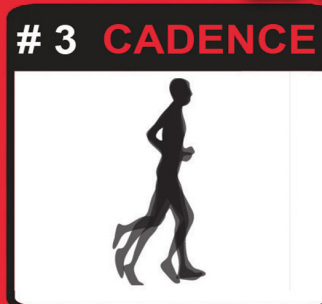
GOOD FORM RUNNING

CLINIC LOCATION:

**BOWLING GREEN STATE UNIVERSITY
PERRY FIELD HOUSE
801 N. MERCER ROAD
PARK IN LOT 18
BOWLING GREEN, OH 43403**



**4 SIMPLE STEPS TO
GOOD FORM**



HOW IT WORKS:

- THE FIRST STEP OF THE GFR CLINIC IS AN INTRODUCTION TO THE FUNDAMENTAL POINTS OF THE GFR PROGRAM. THE AIM IS TO KEEP IT SIMPLE AND GET YOU RUNNING FASTER, EASIER AND WITH OUT INJURY
- NEXT, THE CLASS TRANSITIONS INTO THE FILMING PORTION WHERE WE CAPTURE THE PARTICIPANT'S RUNNING, FIRST IN SHOES AND THEN BAREFOOT. THIS FOOTAGE WILL BE USED AS A REFERENCE AFTER THE DRILLING PORTION OF THE CLINIC. THE DRILL PORTION LASTS FOR ABOUT 25 MINUTES AND TAKES YOU THROUGH THE 4 POINTS OF GFR
- THE FINAL PORTION OF THE CLASS WILL BE A REVIEW, IN WHICH YOU WILL HAVE A CHANCE TO VIEW YOUR FOOTAGE AND HAVE YOUR FORM ANALYZED BY THE INSTRUCTORS

REGISTER ONLINE @ WWW.DAVESRUNNING.COM CLICK ON RESOURCE