



## **RUN MANITOBA**

### **“Training Smarts – Running Right!”**

Athletics Manitoba’s *Run Manitoba Committee* is pleased to offer “**Training Smarts – Running Right!**” - a series of training sessions covering topics of interest to runners of all ages and abilities. The sessions will be held every couple of months at various locations (to be announced), and will last anywhere from one to three hours. Presentations given by a variety of sports practitioners will provide you with important and interesting information on how to train smarter, run faster, and have fun while doing it.

The first *Training Smarts* session will be held on **Saturday February 24<sup>th</sup> 2007** at the *Sport Manitoba Building* (200 Main Street, Second Floor Conference Room) between **1:30 and 3:00 p.m.** and will feature guest speaker **Paul Hrynkow**, B.Sc., B.A., CAT(C), a certified Athletic Therapist and owner of *Sport-Tec Athletic Therapy Centre*.

Topics to be discussed include:

- ✓ *Typical running injuries*
- ✓ *Causes and prevention of running injuries*
- ✓ *Recovering from injury*
- ✓ *Maximizing your training effect*
- ✓ *Coordinating core strength and muscle firing patterns<sup>1</sup>*
- ✓ *Biomechanics of distance running*

**To register for this free training session**, please contact the *Athletics Manitoba* office at one of the numbers below. (Note that **free parking** is available in the *Sport Manitoba* building’s underground parking garage. Please bring your parking stub to Second Floor Reception for validation.)

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<sup>1</sup> Athletic attire is recommended to take advantage of strengthening exercise demonstrations.