



Spring Clinic Series for Anchorage Running Club Members

Announcing 3 clinics in partnership with Special Olympics-please come out to their facility and participate with their athletes

Anchorage Running Club

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April 12th @ 6pm Russian Jack Chalet

- ◆ Meet Your Feet with Margo Sorum
- ◆ Discuss and experience ideal foot alignment for standing, walking and running.
- ◆ Work with Yoga Tune Up Balls to awaken the muscles of our feet and to explore several foot and whole body alignment exercises.
- ◆ Bring a yoga mat or towel.

May 10th @ 6:30pm Special Olympics

- ◆ Dynamic Stretching with Barbara Lemmel, PT, DPT, SCS
- ◆ Theory behind dynamic versus static stretching.
- ◆ Active learning session featuring dynamic stretches.
- ◆ This clinic is in partnership with Special Olympics and the athletes in their running club.
- ◆ Wear workout clothing.

April 19th @ 6pm Special Olympics facility

- ◆ Beginning Running Techniques with Dr. Mason McCloskey DC,CSCS
- ◆ Introduction to running mechanics for beginning runners.
- ◆ Clinic is in partnership with Special Olympics and the athletes in their running club.

May 17th @ 6pm Kincaid Bunker

- ◆ Biomechanics with Dr. Mason McCloskey DC,CSCS
- ◆ Discussion of running mechanics and how they can lead to particular injuries.
- ◆ Ways to correct issues and avoid injuries.

April 26th @ 6pm Kincaid Bunker

- ◆ Dynamic Stretching with Michael Wahlig PT, DPT, OCS, COMT
- ◆ Theory behind dynamic versus static stretching.
- ◆ Active learning session featuring a variety of dynamic stretches.
- ◆ Wear workout clothing

May 24th @ 6pm Special Olympics

- ◆ Galloway Run Walk Method with Tammy Morton
- ◆ Theory for run-walk method of running.
- ◆ Active learning session to demonstrate run-walk intervals.
- ◆ Wear workout clothing.

May 3rd @ 6pm Russian Jack Chalet

- ◆ Yoga for Runners with Margo Sorum
- ◆ This workshop focuses on building psoas awareness, a MUST for all runners as the hip flexors get a lot of use during running.
- ◆ Bring a yoga mat or towel.

May 31st @ 6pm Hilltop Nordic Trailhead

- ◆ Trail Running with Matias Saari
- ◆ Introduction to trail running.
- ◆ Active learning experience-wear trail shoes and be ready to run.