

PRESENTED BY



**JOIN THE
NATURAL
RUNNING
REVOLUTION**

NEWTON[®] running

Natural Running Symposium

Learn how to run faster, stronger,
more efficiently, and with less injury.

SATURDAY, FEB 26 @ 4-5:30 PM
NATURAL RUNNING PRESENTATION

SATURDAY, FEB 26 @ 5:30-6:30 PM
NATURAL RUNNING FORM CLINIC

TOPICS INCLUDE:

**INJURY PREVENTION, FUNDAMENTALS
OF BIOMECHANICS & THE SCIENCE
BEHIND NEWTON RUNNING SHOES**

IAN ADAMSON | R & D | EDUCATION DIRECTOR

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science in motion.