



# Good Form Running Clinic

## 2 nights only

with 2004 Olympian and  
former NCAA champion

### Grant Robison

June 23 and 24 at 6:30-7:45 PM

Linden High School

7201 Silver Lake Road

Linden, MI 48451



This program is a fundraiser for Linden Schools, so if you sign up, please show up, as there is a limited number of spaces.

Only \$10 (for one night)

As a participant in the GFR clinic you will receive:

- An experienced coach
- Individualized film review
- Instruction on the "3 points" of GFR
- Informative handout with visual examples of key GFR topics.

**Sign up quickly as clinics will be capped at 20 people!**

Please confirm by writing to [mscharto@admin.linden.k12.mi.us](mailto:mscharto@admin.linden.k12.mi.us) with your name and phone number, as well as which day you will be attending. You may also leave the same info at (517)675-7688.

More info is available at:  
[www.lindenspanishclub.org/gfr.htm](http://www.lindenspanishclub.org/gfr.htm)

## TESTIMONIALS

"Good running form is the **single most important thing I've learned in 30 years** at Playmakers. I question why it took us so long to learn it." *Curt Munson, owner, Playmakers*

"Looking back, I wish I knew how important form was to prevent injuries. I believe **with proper form, I can run healthy for the rest of my life.**" *Grant Robison, 2004 Olympian, 1500m*

"As recently as a year ago, I didn't think my body could handle a marathon. **Four days after the Detroit Marathon (my first) I feel great.**" *Jef Mallett, marathoner*

"In March, I was running zero miles due to a recurring calf injury. Then I discovered Good Form Running, and **was able to slowly increase mileage to 70 miles/week** and complete a 50-mile September ultra." *Mike Richmond, ultramarathoner*

"After years of injuries, **Good Form Running has me training pain free.**" *John Benedict, veteran runner*

"Last year, my physician informed me that I wouldn't run again. This year **I cut an hour off my second marathon** by using Good Form Running." *Steve Santer, marathoner*

"Good running form should be the foundation of any good running program. I didn't know if I could keep running two years ago, and **with Good Form, I have completed three marathons with no injuries**, and a real sense of accomplishment."

*Cheryl Hanson, Sparrow RN and veteran marathoner*