

# *Seminar Topics for Runners*

## *Presented by Boulder Running Works*

Friday May 2

**Healing On The Run:** Dealing with injury

Friday May 16th

**Pacing and Racing Strategy for Running the Bolder Boulder**

Friday June 13th

**Mental Strategy:** Mind/Body techniques for successful distance runners.

Friday July 11th

**Food, Energy, Performance, and Diet:** Meeting the nutritional demands of sports training.

**Time: 6:00 to 7:30 PM**

**Cost: Free**

**Location:**

**4586 N. 95<sup>th</sup> St., Lafayette**

**Directions:** This location is midway between Valmont and Lookout Rd. on 95<sup>th</sup> Street. It is on the east side of the road, and there is a hanging sign next to the driveway that reads: Highland Acres with the address as well.

As you drive into the driveway there is a large house to your left, and next to that a garage. The next building to your left, north of the parking area is a teaching space. That is where we will meet for the seminars.

For further information email Janet or Douglas:

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