

## POSE RUNNING CLINIC with Dr. Romanov Honolulu, United States



**Date:** May 1, 2009

**Location:** 756 Kalanipuu Street, Honolulu, Hawaii, 96825 (Hawaii Kai)

**Price:** \$300

**Contact Clinic host Edward Bugarin at**

**Email:** strended@aol.com

Improve your running technique with the Pose Method of Running!

This clinic is your ticket to running better, faster and injury free! By learning to run correctly now, you're ensuring that you will run for as long as you want.... like for the rest of your life! Prepare for an exciting weekend of learning what running really is and how to run right.

### Bring proper running shoes.

- Mizuno Wave Universe 2 unisex
- Puma H Street
- Nike Air Zoom Katana Rac3r II or III

### Don't forget your:

- Stretch Chords (available at <http://store.poseotech.com>)
- Pose Method of Triathlon Techniques (available at <http://store.poseotech.com>)

*Save your knees! Learn to run better (with Pose Method)...*  
**- Runner's World**



WWW.POSETECH.COM  
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