

POSE TRIATHLON CLINIC with Dr. Romanov Honolulu, United States



Date: May 1- 3, 2009

Location: Day 1 and 2 756 Kalanipuu Street, Honolulu, Hawaii, 96825 (Hawaii Kai)

Day 3 US Coast Guard Station on Sand Island

Price: \$700 (\$500 before Feb. 28)

Contact host Edward Bugarin at

Email: strended@aol.com

The originator of the "gravity theory" in running, nicknamed "Dr. R.," shows you how the same principles are applied to swimming and cycling to produce faster and more efficient movement while avoiding injuries.

Bring proper running shoes.

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

Don't forget your:

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

Pose... has helped us create a model that we think will produce a more injury resistant athlete.

**- George Dallam Ph.D.
Former USA Triathlon Team Coach**



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