

Chi Running Workshop for TBR Dream FAQ

What is Chi Running?

>> Chi Running is a revolutionary running technique developed by Danny Dreyer that focuses on energy efficiency (through "focused relaxation") and injury prevention (through proper alignment and balance). Chi Running emphasizes that the correct running form is the foundation for longer, faster, effortless and pain-free running.

What is the format of the Chi Running Workshop?

>> The Workshop will be a 3-hr session, specifically targeting the areas you need to develop for *The Dream Marathon*. We will discuss correct posture and balance, the advantages of having a slight forward lean, how to relax the feet and ankles, cadence, breathing techniques, how to tackle uphill and downhill, mental strength, racing strategy and several other topics. The session includes a few kilometers of running so please wear your running outfit.

Is the Chi Running Workshop for everyone?

>> Absolutely. Chi Running works for runners of all levels. All you need to bring is an open mind and a willingness to learn how to move your body naturally. Chi Running benefits beginners because it gives them a good foundation to build on before "bad running habits" take shape; and experienced/competitive runners gain a competitive advantage by learning Chi Running efficiency techniques that will help them run longer and faster without increasing their perceived rate of exertion.

How will Chi Running help me while training for TBR Dream Marathon?

>> We will analyze your form and correct the flaws in your biomechanics (if any). With the Chi Running principles, you will understand how to run more efficiently and safely as you pile on high mileage in training. All this will translate into less fatigue, faster time and greater confidence during your marathon because you'll have the tools to allow YOU to control your race instead of letting the race control you.

I heard that you offer a money-back guarantee. Is that true?

>> Absolutely. If at the end of the workshop you feel that Chi Running will not help you, then please just let us know and I will give your money back, no questions asked. We do not believe in charging people for something that does not benefit them.

Other details

>> The Workshop costs Php1,200/person, total. That's more than *50% off* our regular rates. Available Workshop dates are **Nov 15** (Tue) and **24** (Thu), from 630-930pm, at the Colegio San Agustin Indoor Track, in Dasmarinas Village, Makati. Each class is limited to 20 participants.

How can I sign up?

>> Call the hotlines to make a reservation: +63915.638.5801 or +632.507.4507. Or you may send an email to Ina Buan: ina.buan@forwardleanrunning.com. Slots are on a first come, first served basis.

Please inform them that you are availing of the TBR Dream Marathon discount. Provide your name as registered in TBR Dream Marathon.

Workshop instructors

Instructors will be Lit Onrubia and Cliff Eala. Lit's been running for 14 years completely injury free. He has finished multiple marathons and was once the only Certified Chi Running Instructor in Asia. Lit was certified in San Diego in 2009 and studied under Chi Running Master Instructors Chris Griffin (in San Francisco) and Kathy Griest (in San Diego). Cliff is an Ironman triathlete who has completed multiple Ironman events and marathons. He was certified in Boston in 2010 and

studied under Chi Running Master Instructor Mary Lindahl. To date, Lit and Cliff have instructed over 600 runners through their workshops, and hundreds more through their advocacy talks.

You may find out more about Chi Running by visiting: www.chirunning.com and www.forwardleanrunning.com