

## Registration Information

Name \_\_\_\_\_ Date of Birth \_\_\_\_\_ Sex M / F

Address \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell \_\_\_\_\_ Email: \_\_\_\_\_

Class Selection (Please Circle)    Training to Run    Training to Perform

### Waiver

In consideration of the foregoing, I for myself, my executors, administrators, and assignees, do hereby waive and release any and all -rights and claims for damages I have against Dubuque Physical Therapy or its staff for all claims of damages, demands, actions whatsoever in any manner arising or growing out of my participation in The Tri-state Running Series. I attest and verify that I am physically fit and my physical condition has been verified by a licensed medical doctor.

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ (Required if under 18 years of age)



# Tri- State Running Series

## Couch to Competition

A Series of running clinics designed to:

- Introduce running topics and technique
- Instruct on running gait mechanics to improve efficiency and avoid injury

Recommended Age is 12 and Up

Days and times vary based on needs of participants

### Dubuque Physical Therapy

1705 Delhi Street  
DBQ, IA 52001  
Ph: 563-582-4170

2300 JFK Rd  
DBQ, IA 52002  
PH: 563-588-3891

## Training to Run "Street to Starting Line"

### Course Description

Training to Run is designed to evaluate and help correct individual running mechanics through instruction, demonstrations, and drills. This course will help put you on your way to a more efficient and proper running technique.

### Objectives

- Gain a better understanding of proper running form to improve your running economy.
- Evaluation and alteration of running mechanics to provide for greater speed using equal energy expenditure.
- Instruction in proper drills to help correct running mechanics and reduce the risk of breakdown and injury

### Cost

Once a week for 3 weeks 60-90 minute sessions

- \$100 Per person

### Group Rates

- Available for groups of 4 or more.

## Training to Perform "Breaking the Tape"

### Course Description

This course is designed for the experienced runner who has already completed the Training to Run clinic and is looking to maximize their running efficiency and performance.

### Objectives

- Video evaluation of running form using Dartfish gait analysis software to analyze any deficiencies or poor running techniques.
- Address any issues discovered on video analysis through instruction and proper performance in advanced running mechanic drills
- Instruction in appropriate plyometrics form improving running performance and enhancement of the running form
- Advanced drills to maximize running, form, mechanics and injury prevention.

### Cost

Once a week for 3 weeks 60-90 min sessions

- \$175 per person.



## Course Instructors:

### Jason Meyer

Jason is a Licensed Physical Therapist and Owner of Dubuque Physical Therapy. He was the Assistant Track coach at Hempstead High School 1998-2006. He is an avid runner with organized running in track and cross country for the University of Northern Iowa 1990-1995.

### Ben Fern

Ben is a Licensed Physical Therapist who joined the staff at Dubuque Physical Therapy in 2011. He ran track and cross country at Hempstead High School before attending the University of Iowa. He has since run numerous marathons, half marathons and shorter distance races. He has extensive experience helping athletes and non-athletes alike with overuse injuries and other musculoskeletal injuries.

### Amanda Edwards

Amanda was born and raised in Dubuque and graduated from Hempstead High School. She attended Wartburg College in Waverly and also competed on the cross country and track and field teams. She received her Doctorate of Physical Therapy from the University of Iowa. She is also a Certified Strength and Conditioning Specialist by the NSCA and has a special interest in orthopedics and sports rehabilitation, especially runners. Amanda is an avid runner herself and currently competes for Team Iowa Runablaze.

