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## Become a Faster, Stronger Runner with the Revolutionary FIRST Training Program

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### FAST FACTS



#### **Furman University FIRST Running Clinic 2013**

**Date:** 9-12 May 2013

**Location:** Greenville, South Carolina

**Fee:** US\$2,375 per person

**Event Chair:** [Christian Wing](#) (YPO Honduras)

 REGISTER NOW!

Dear <firstname>,

If you love running and want to learn how to improve it, then the [Tri Sports Network](#) has an amazing opportunity for you. Join us for an informative weekend at Furman University in Greenville, South Carolina, where we will connect with the authors and the scientists behind the best-selling book, *Run Less, Run Faster*.

Since 2007, the Furman Institute of Running and Scientific Training has conducted running clinics for adult runners. Our four-day clinic with FIRST will help runners of all abilities learn more about themselves as athletes, the sport of running and how to become the best runner possible for themselves. Through drills, runs, individualized lab assessments and group training on issues such as form, injury prevention, strength training, cross training and nutrition, the clinic's goal is to stimulate a love for running in adult athletes by sharing information on how to develop an effective training program.

As runners and physiologists, professors Bill Pierce, Ray Moss and Scott Murr will offer an unforgettable learning and running experience no matter your age or skill level. Upon registration, every participant will receive a copy of *Run Less, Run Faster*, that will serve as an overview of the teachings for the clinic.

Space is limited for this incredible running experience, so be sure to [register](#) now!

I hope to see you in Greenville,

[Christian Wing](#) (YPO Honduras)  
Event Chair