

Run-Fit



Running-Specific Conditioning and Injury Prevention Program

Run-Fit addresses the specific needs of runners: it enhances strength & dynamic flexibility to prevent knee and low-back pain, shin splints, plantar fasciitis, and other common injuries. Each class includes running drills to improve form and low-to-moderate intensity plyometrics to increase power and agility. **Run-Fit** will make you feel strong and fast for your races and training runs and is perfect for runners of any distance, from 5K's to marathons.

Run-Fit is Designed to Improve:

- Muscular Strength & Endurance
- Muscular Balance
- Flexibility
- Overall Fitness
- Running Form
- Mental Toughness

More than just training! Beyond physical preparation, our goal is to create an environment to foster new friendships, provide tools for continued success in and beyond the running community, and (most importantly) **have fun!**

NEW!! Optional Sports Nutrition Program – Properly Fuel for EVERY Workout!

- Save up to 30% on our nutrition supplements
- For \$18 (8-week program) you receive your choice of one of the following each workout:
 - FRS Healthy Energy Drink (11.5 oz can)
 - Infit Nutrition – “Run” Sports Drink (single-serving packet)
 - Infit Nutrition – “Repair” Recovery Drink (single-serving packet)
 - Fluid Recovery Drink (single-serving packet)
 - Bonk Breaker Energy Bar

2009-2010 Dates/Time (Join at any time)

- Wednesdays 6⁰⁰—7⁰⁰ pm
- Block 1: December 9th, 2009 – January 27th, 2010
- Block 2: February 3rd, 2010 – March 31st, 2010
- Block 3: April 7th, 2010 – June 2nd, 2010

Perfect for those training for the LA Marathon or San Diego Rock ‘N Roll Marathon!

Location:

RU Sports Performance Center – Kearny Mesa
3959 Ruffin Rd, Ste F
San Diego, CA 92123

Justin Robinson

Justin Robinson, MA, RD, CSSD, FAFS, CSCS
Director of Strength & Conditioning
RU Sports Performance Center
jrobinson@rehabunited.com



Registration/Release Form

This Section must be completed by parent/guardian if athlete is under 18:

I hereby authorize Rehab United Physical Therapy (RU) and The Sports Performance Combine (SPC) to act accordingly in their best judgment in any emergency requiring medical attention and I hereby waive and release RU-SPC or its affiliated partners from any and all liability for any injuries and/or illness suffered while at *Run-Fit* provided by RU-SPC

_____ Initial here to confirm that you have read and understand the above release instructions.

_____ X _____ Date: _____
 (Print Name) (Signature)

_____ X _____ Date: _____
 (Print Parent Name – if under 18) (Parent Signature)

Last Name _____ First _____ DOB: _____

Address _____ T-Shirt Size: _____

City _____ State _____ Zip _____ Phone _____

E-mail _____ Reprint E-mail _____

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|---|-------|--|
| 1. _____ 8-Week Block: | \$99 | <u>DISCOUNTS**</u> |
| 2. _____ Sport Nutrition Package (per Block): | \$18 | _____ TCS D, Military, Students: 10% |
| 4. _____ 10-Session Package (exp 6/2/10): | \$179 | _____ RU Team E.X.C.E.L., MS, SDTC: 15% |
| 5. _____ Pay per Session: | \$20 | **With valid ID |
| | | **N/A Pay per session, Nutrition |

Payment: Check, Credit Card, or Pay Pal (no refunds)

PayPal – Send payment to: jrobinson@rehabunited.com (Please list participant's name in "Message" box)

Total Due \$ _____ Name as it appears on card: _____ Type: Visa, MC, Discover

Card Number: _____ Exp. Date _____ Security # (on back of card) _____

Billing Address (if different from above): _____

Make check payable to: "Rehab United" - Mail payment and registration form to (or Fax Credit Card Registrations):
Rehab United, 3959 Ruffin Rd. Ste F., San Diego, CA 92123, P: 858-279-5570 F: 858-279-5303
www.RehabUnited.com