



The Nittany Valley Running Club presents: The 1st Annual Runner Education Seminar/Workshop Series

Jody Whipple, RD, LDN, CDE (Nutritionist at Strategic Orthopaedics)

“Nutrition Strategies to Enhance Performance, Build Muscle and Preserve Bone”

Attendees will gain practical nutrition knowledge for running performance enhancement, injury prevention and overall health.

Date: Monday, June 1, 2015

Time: 7:00-8:00 pm

Location: 341 Science Park Rd, State College (Citizens Bank Bldg)

Registration: \$5.00 for NVRC members or \$15.00 for non-members

Register for the Nutrition seminar online at <http://www.imathlete.com/events/NVRCnutrition>

Attendees may submit a nutrition question or concern in advance. Please email your question to cherylkellercapone@gmail.com by May 15th.

Monarch Martial Arts

“Self Defense for Runners”

Monarch Martial Arts will cover simple but effective self defense techniques that runners could use in the face of various attack sequences.

Date: Friday, June 5, 2015

Time: 6:00-8:00 pm

Location: 253 Benner Pike, State College

Registration: \$15.00 for NVRC members or \$25.00 for non-members

Register for the Self Defense workshop online at www.imathlete.com/events/SelfDefense

Attendees should wear comfortable clothing and running shoes.

Adults and children ages 12 and older are welcome.

Don't wait! Attendance is limited to 20 people!

Tom Whipple, M.S., P.T., Cert. MDT (Owner and Physical Therapist at Strategic Orthopaedics)

“Strength Training for Running Health and Performance”

A seminar designed to educate runners (or those that care for them!) on the benefits of strength training.

Date: Monday, June 29, 2015

Time: 7:00-9:00 pm

Location: 341 Science Park Rd, State College (Citizens Bank Bldg)

Registration: \$15.00 for NVRC members or \$25.00 for non-members

Register for the Strength seminar/workshop online at www.imathlete.com/events/NVRCstrength

Attendees should wear comfortable clothing and athletic shoes.

If you would like to join the NVRC for \$10.00 and then pay the member rate, please visit <http://nvrn.com/index/php/club/membership> to join!

If you have questions about any of the events, please email Cheryl Keller Capone at cherylkellercapone@gmail.com.