

## Workshops

### Running Program



### Runner's Reset!!

Join **Gabriel Dorn Doctor of Physical Therapy** Monday mornings and Thursday evenings Downtown for a run followed by a mobility session! Gabriel is an **avid runner and outstanding PT**. He recently completed the 45 mile Crested Butte Grand Traverse finishing 16th out of 200 runners!!



**Participants will receive:**

- training advice
- virtual mobility sessions
- free running analysis
- T-shirt upon completion

### **Duration and Intensity:**

- 60-90mins.
- Approximately 3-5mi run
- 9:30-11min mile pace

### **When:**

- October 1st to November 23rd
- Monday 7am
- Thursday 6pm

### **Where:**

- Outside Transact Building
- 700 17th Street, Denver, CO 80202

Participants will receive:

## **Cost:**

- Individual \$100.00
- Friends and Family Bundles at \$75.00 per person

Gabriel Dorn, Doctor of Physical Therapy

**Please call 720 277 3910 to reserve one of the 5 remaining spots!! Mention the code RR#1!**

