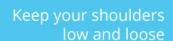
**** * HOW TO Run * * * * *



Unclenched fist, fingers resting on palms

Keep your torso upright

Leg should land underneath your body, not in front of it Look ahead

Slide your arms forward and back, not across your chest

Keep your elbow bent at 90 degrees, floating between your chest and waist

Knee should be slightly flexed to bend naturally on impact

Your feet should land underneath not in front your body

3MHalf**Marathon**