BRUBECK®
BODY GUARD

RUN TO THE HILLS

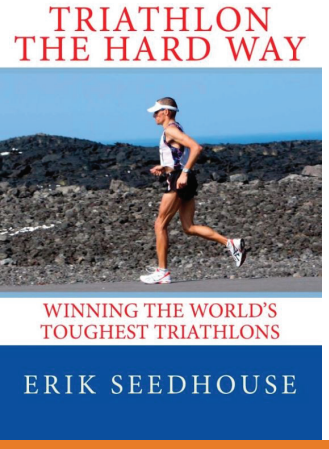
A Webinar for Competitive Runners

As we approach the running season, runners of all skill levels are preparing for various races. With so many voices on the internet, trying to find consistent, trust-worthy information can be overwhelming. So we brought some experts to help you get all of your information and minimize some of that preparation anxiety.

About the Session

Registration is free
25 spots available
20 minutes of solid advice
10 minutes of questions

Zoom invite will be sent to you upon registration



About Erik Seedhouse

When it comes to achieving peak athletic human performance there are few coaches that have the background Erik Seedhouse has. His 40 years as an athlete, 12 years as a coach, 5 years of racing at the professional level combined with an advanced education in the field of exercise physiology and sports science ensure his clients have the edge needed to compete at the highest level. As a coach who walks the walk and talks the talk, Erik regularly races in Olympic and Half Ironman races, usually placing on the podium. Over the years he has coached Boston and Kona qualifiers, national and world record-holders and Ultraman Champions.

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