

MEDIA ADVISORY

July 12, 2019

FOR MORE INFORMATION

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Make this Your Summer of Speed with Imagination Station and Dave's Running

TOLEDO, Ohio – Northwest Ohio is known for being a great place for runners to post their personal best times. Saturday, July 13, Imagination Station will celebrate human performance with Dave's Running.

Competitive and non-competitive runners are always striving to meet personal performance goals. Experts from Dave's Running will be on hand to provide tips to improve workouts, share advice on the best gear and offer details on upcoming Toledo races.

Then at 1pm, running coaches will share highly effective techniques that will help runners become more efficient and safer in their workouts in a Good Form Running Clinic. Visitors will learn how to correct their posture and gait and how break bad habits to run faster and easier, and remain injury-free.

Imagination Station's *Summer of Speed* continues through Tuesday, September 2. Visitors can explore the science of speed as they build and test boats and rockets, construct a car and check their throwing speed.

The Good Form Running presentation and all Summer of Speed activities are included in science center admission. All Lucas County residents receive a \$2 discount and free Saturday admission for kids, 12 and under with paid adult admission, limit two children per adult.

For more information, please call 419.244.2674 or visit www.imaginationstationtoledo.org/

WHAT: Summer of Speed: Good Form Running with Dave's Running

**WHEN: Saturday, July 13
1pm**

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