

*"Wellness is a lifelong process of assuming personal responsibility that empowers the individual to exercise choice, make informed decisions and take action towards a more balanced, dynamically sustainable and fulfilling existence in all dimensions of life"*

**FRIDAY NIGHT INSIGHT**



**I Am Right, You Are Wrong**

*with Dr Michael Radermacher , Chiropractor*

Turning points in science occur when an issue has reached maturity, when a critical mass of new facts cries out for a new synthesis, and when there is a general sense of urgency to reconsider basic assumptions. Fundamental shifts in neuroscience, and recent legislative and regulatory developments, require us to reinterpret the science, art and philosophy of chiropractic. **WARNING - some sacred cows may be sacrificed during this event.**



**Running Technique and biomechanics**

*With Dr Peter Garbutt, Chiropractor*

This presentation is aimed at the practitioner discussing specific points around running technique, the implications of technique faults and how to manage and correct these. Time is also spent looking at what may cause some of the common technique faults from a chiropractic perspective. The final part of the presentation is about the passion, the pitfalls and the performance of barefoot or minimalist shoe running. The lecture presentation makes for a perfect lead in to the practical workshops on the Saturday where rubber hits the road and the theory is put to the test with evaluations and training on technique. You don't need to be fit for the workshops. They cater for all levels with a stop, talk, drill, practice format throughout the hour. We generally cover less than 3km.

Graduated Macquarie University in 1995, went on to complete a Masters in Sports Chiropractic Science from Macquarie in 2000. Have worked with sports at all levels from local to international. Sports worked with have included beach volleyball, indoor volleyball, water polo, triathlon, soccer and running. Pete is the current chairman of Sports Chiropractic Australia, President of Sports Medicine Australia (ACT Branch) and on the COCA national executive. Pete lectures on topics largely around sports chiropractic across Australia and internationally along with conducting running technique workshops across Australia with a special interest in barefoot style running.

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**Venue:** Tiffins on the Park, Greenhill Road Parkside  
**Date:** Friday 26 November 2010  
**Time :** 7pm for registration, 7.30pm start  
**COST:** Members/CA \$60 NONmembers/CA \$90  
**Additional \$30 will be charged for all registrations received AFTER 20/11/10**  
*CPD to be advised & light refreshments will be served from 7pm*  
**RUNNING WORKSHOP REGISTRATION FORM IS ATTACHED PLEASE COMPLETE SEPARATE FORM TO REGISTER FOR THE SATURDAY WORKSHOPS**

*To assist with catering and seating, please complete the form below and return with your payment before 20 November 2010 to CAA (SA) Ltd at GPO Box 2407, ADELAIDE SA 5001 or fax (08) 8365 8456*

**Tax Invoice**

Please register ..... Member Y / N

and ..... Member Y / N

for the Friday Night Insight on 26 November 2010 (this does **NOT** register you for the Saturday workshops)

- My cheque for \$..... is enclosed.
  - Direct deposit to Westpac BSB 035 080 A/c 114226 - \$..... (please use reference: Your CAA member no.)
- Note:** Payments by this method will only be accepted provided this registration form is returned with the pay-in slip
- Credit card (Visa/Mastercard -please circle) ..... / ..... / ..... / ....., Exp: ..... / .....

Name as it appear on card:..... Please print clearly Amount: \$.....

**CAASA** Chiropractors' Association of Australia (SA)  
 GPO Box 2407, ADELAIDE SA 5001  
 P: 1800 018 238 F: (08) 8365 8456 E: admin@caasa.com.au  
 ABN 52 050 164 460

# SATURDAY RUNNING WORKSHOPS

*"Wellness is a lifelong process of assuming personal responsibility that empowers the individual to exercise choice, make informed decisions and take action towards a more balanced, dynamically sustainable and fulfilling existence in all dimensions of life"*



## Running Technique and biomechanics workshop

With Dr Peter Garbutt, Chiropractor

Practical workshops where rubber hits the road and the theory is put to the test with evaluations and training on technique. You don't need to be fit for the workshops. They cater for all levels with a stop, talk, drill, practice format throughout the hour.

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**Meet:** Tiffins on the Park, Foyer, Greenhill Road Parkside

**Date:** Saturday 27 November 2010

**Time :** 10am for Workshop 1 , 11.30am for Workshop 2

<b>COST: Friday Night Insight attendees (FNI)</b>	<b>\$25</b>
<b>CAA members not attending FNI</b>	<b>\$50</b>
<b>Non members &amp; general public</b>	<b>\$70</b>

**REGISTRATIONS TO BE RECEIVED BY 20 NOVEMBER 2010**

GPO Box 2407, ADELAIDE SA 5001  
P: 1800 018 238 F: (08) 8365 8456  
E: admin@caasa.com.au ABN 52 050 164 460

**CAASA**  
Chiropractors' Association of Australia (SA)

*Please complete the form below to secure your spot in one of the workshops and return with your payment before 20 November 2010 to CAA (SA) Ltd at GPO Box 2407, ADELAIDE SA 5001 or fax (08) 8365 8456*

Tax Invoice

Please register .....

and .....

for the  **Workshop 1 at 10am**      **OR**

**Workshop 2 at 11.30am**

My cheque for \$..... is enclosed.

Direct deposit to Westpac BSB 035 080 A/c 114226 - \$..... *(please use reference: Your CAA member no.)*

**Note: Payments by this method will only be accepted provided this registration form is returned with the pay-in slip**

Credit card (Visa/Mastercard –please circle) ..... / ..... / ..... / ....., Exp: ..... / .....

Name as it appear on card:..... *Please print clearly* **Amount: \$.....**