

ottobock.

Running Clinic.

Sport that moves you.



October 6-8, 2023
San Diego, CA

Running Clinic 2023.

A weekend of fun on sports prostheses.

Be part of something big!

Do you enjoy leading an active life and have always wanted to try a sports prosthesis? Or are you already on a sports prosthesis and want to take things to new levels? Then the Ottobock Running Clinic from October 6 - 8 is right for you!

Under the expert guidance of successful Paralympic athletes like Heinrich Popow, you will have the opportunity to train alongside other lower limb amputees to learn the right movements on a sports prosthesis—running, jumping, and throwing are all part of the program!

This clinic exists to bring people together to find enjoyment and growth in social sports and pushing one another to new heights. If you don't currently own a sports prosthesis, one will be provided and professionally fitted to you free of charge for the duration of the clinic.

Bring your friends, families, teammates, and most importantly—questions! While training, you can ask questions and learn more about sports prostheses and other topics that come to mind. We can't wait to see you!

Participation is limited, so register ASAP!

When: October 6 - 8, 2023

Where: Chula Vista Olympic Training Center, San Diego, CA

 Scan to register!



What to expect.

Friday

- 3:30 PM** Arrivals and welcome to the training center
- 3:45 PM** Fitting of sports prostheses
- 4:45 PM** Group testing of sports prostheses
- 5:30 PM** Removing of sports prostheses
- 6:30 PM** Group Dinner

Saturday

- 9:00 AM** Meeting on track and preparation for training
- 9:30-11:30 AM** Training Session 1
- 12:00 PM** Group Lunch
- 1:30 PM - 5:30 PM** Training Session 2
- 5:45** Removing of sports prostheses
- 6:00 PM** Group Dinner

What to expect.

Sunday

- 9:00 AM** Arrivals and welcome to the training center
- 9:30 AM** Training Session 3 and Final
- 12:00 PM** Removing of sports prosthesis
- 12:30** Group Lunch
- 1:30** Departures

***All timing and sessions subject to change.*