

August 24, 2015  
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Dear Andrea and Lauren and the Coaches,

I want to thank you for the opportunity to present my Low Impact Running technique. I enjoyed this opportunity because of the friendly spirit of those involved with the Special Olympics program. The event was well put together and the session flowed nicely for me.

In addition, I want to thank the organizers, Andrea and Lauren, and the coaches, who provided me valuable feedback on my Low Impact Running technique. I enjoyed and was encouraged by the positive responses. I know the technique is working for lots of people, and the Special Olympic coaches are a big help in continuing to define our terminology and teaching approach.

As coaches, if you are willing to continue helping in the implementation and design of Low Impact Running, I encourage and welcome additional feedback. You can reach me by email at: [sotelo@carolina.rr.com](mailto:sotelo@carolina.rr.com) or by cell phone at (704)913-4111.

We are currently working on a second edition of the Low Impact Running (LIR) Manual. If you would like a free copy of the LIR Manual, please email me and I will send you a free copy of the current edition. I would love your valuable feedback on the Manual and any recommended changes. We will certainly provide you credit for your review of our information in the second edition and a free second edition (once completed) for your review.

If you want more info on my Low Impact Running technique, I have videos on my Website at: [www.lowimpactrunning.net](http://www.lowimpactrunning.net) . I also have the videos available on DVD that I can send you free of charge. Please take a moment to signup for my newsletter at: <http://madmimi.com/signups/149584/join> . I am also on Facebook at: <https://www.facebook.com/LowImpactRunning>

Again, I want to thank Andrea and Lauren and all the Coaches for inviting me to your wonderful conference. I hope we can continue working together to make this a beneficial addition to the training you are doing with the Special Olympic Athletes.

Sincerely,  
Jim Sotelo