

# Run Smart

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*Whether you are an experienced marathon runner or you are preparing for your first 5k - this night is for you!*

**March 23, 2010**  
**7-8:30 PM**

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Dr. Brendon McCarthy, from **Fox Valley Foot Specialists**, in Naperville, will discuss common injuries associated with running.

Tim D'Onofrio, ATC and Matt Hatzl, PT, DPT, both from **Newsome Physical Therapy**, will cover:

- how to manage the aches and pains related to running
- core strengthening for optimum running performance

Representatives from **Dick Pond Athletics**, will offer expert guidance on proper shoe selection for your running gait and training level.

***This event is free and will be held at Newsome Physical Therapy located at the corner of Rt. 59 & 95th Street in Naperville. Space is limited! To register call (630) 922-3844***

**Raffle Prizes**



**Refreshments**



**Giveaways**

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