

Run Smart



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

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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