



Want 2 Run Faster, Further, Safer?

Join us in a **Free**

Comprehensive Running Presentation Series

Speakers include: Physicians, Physical Therapists, Sports Dietitians, Massage Therapists, Chiropractors and Running experts

Hosted by Body Concepts Physical Therapy

- Aug 30th **Biomechanics of Running**
Learn about characteristics of the running cycle, lower kinetic chain function, the significance of foot type, different foot strike patterns, and use of orthotics.
Presenter: Amy Duckworth, DPM Robert Tamurian, MD -*Summit Orthopedic Specialists*
- Sept 6th **Nutrition for Peak Performance**
Learn how to fuel your body for optimal performance and health.
Presenter: Marlia M. Braun, PhD, RD, CSSD -*UCD Sports Medicine Center*
- Sept 13th **Training for Success**
Improve performance and avoid injury with the right training program. Learn about frequency, duration, intensity and other tips to ensure running success.
Presenter: Kirk Edgerton, Training Director -*Fleet Feet Sports*
- Sept 20th **Common Running Injuries**
What they are, how they happen and how they are treated. Learn about sprains, strains, tears, fractures, dislocations, contusions and abrasions.
Presenter: Amy Duckworth, DPM Robert Tamurian, MD -*Summit Orthopedic Specialists*
- Sept 27th **Injury Prevention and Recovery I: Stretching for Runners**
It's more than just stretching muscle...learn the anatomy, what to stretch specifically for runners, use of foam rolls/myofascial balls, how to do it correctly and what to expect in improved performance.
Presenter: Rob Kopitzke, PT Myra Maresh, SPT -*Body Concepts PT*
- Oct 4th **Injury Prevention and Recovery II: Core Strength**
Turbo-charge your run by strengthening your core. Learn how your core functions while running and how to train it effectively for improved performance.
Presenter: Rob Kopitzke, PT Myra Maresh, SPT -*Body Concepts PT*
- Oct 11th **Injury Prevention and Recovery III: Recovery after Injury**
If you have aches and pains from training/racing, learn from a panel of experts specific strategies to accelerate your recovery and improve your performance.
Presenters: Rob Kopitzke, PT Geoff Allen, DC Jan Killgore, LC, CMT
Body Concepts PT Folsom Life Chiropractic Therapeutic Massage & Body Work

7:15pm @ Body Concepts ... Move Better, Faster!

705 Gold Lake Dr., Ste. 350, Folsom, CA 95630 www.bodyconceptsinc.com
(next door to Karen's Bakery and Bicycles Plus in Historic Folsom)

Best Pilates Studio 2011, KCRA A-List

Please **RSVP** to: nrobyn@bodyconceptsinc.com or (916) 939-6800 ...

Limited space available...reserve your spot today.