



ATHLETICO

PHYSICAL THERAPY

Better for every body.®

WINTER RUNNING TIPS

How to stay safe, warm and strong

Tuesday, January 23, 2018 | 7:45PM - 9:00PM

Athletico Lincoln Park East | 2400 N. Sheffield Ave. | Chicago, IL 60614

Free Seminar | Free Parking

Featured Speakers:

Coach Mark Buciak

Veteran of 61 marathons including 38 straight Boston Marathons and 7 Chicago Marathons, Program Director for The Road To Boston Training Program

David Hanawalt, PT, DPT

Physical Therapist,
Athletico Physical Therapy

Topics Include:

- Warm-up prep
- Safe training methods for winter running
- When not to run outside
- Cross training
- Injury prevention
- Post run stretches
- Using a logbook
- Fuel for runners
- Q & A

All Runners Welcome

From the weekend warriors or runners preparing for the Shamrock Shuffle 8K, to those training for a Spring Half or the Boston Marathon – come join us!

To reserve your spot and email your questions in advance, please email Coach Mark at theroadtoboston@rcn.com

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